

# hackneytoday

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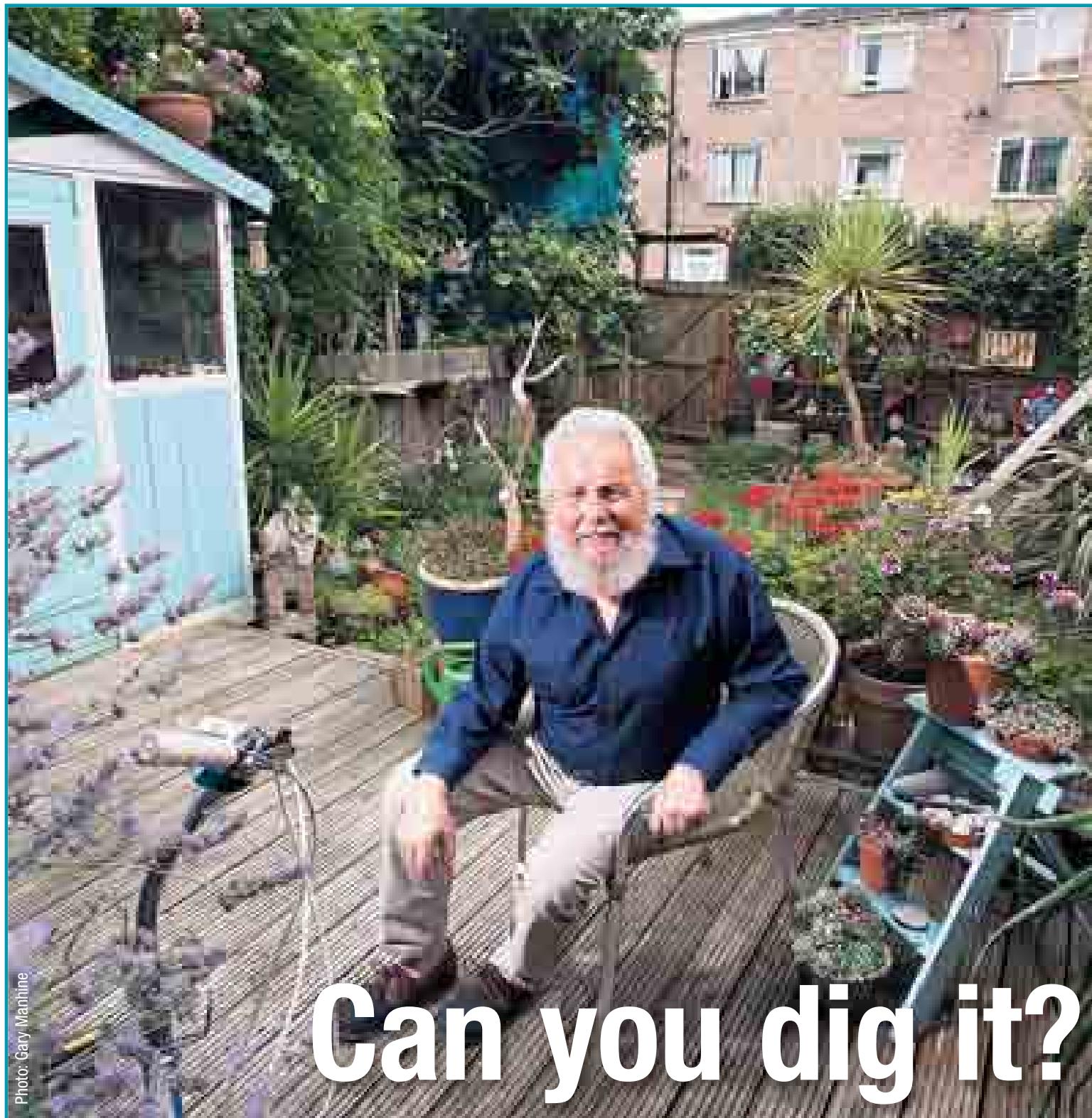


Photo: Gary Manpine

## Can you dig it?

Brian Walker's backyard Eden took gold in the best housing estate garden category in this year's Hackney in Bloom competition

**GREEN-fingered residents have been busy digging, planting and potting all year as part of the annual Council-run Hackney in**

### Bloom competition.

An awards evening took place on 10 September with celebrity landscaper, Tommy Walsh, presenting the prizes.

The winners were: Andrew McDonald, best front garden; Paul Clift, best container category; Lauriston School, best food growing; Orchard

Primary School, young and green-fingered award and best newcomer; Hoxton Trust, best community project; St Joseph's Hospice, best

business premises; and Brian Walker, best housing estate garden.  
**For more info and pics, see pages 8-9.**

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HACKNEY REAL

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**H Hackney**



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## Hackney

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The Council has picked up a Gold Footprint award from the RSPCA for its work with stray dogs; the 10 spacious kennels at Millfields Road

# Bone sweet bone

**T**HE Council has won a Gold Footprint Award from the RSPCA for its work with stray dogs.

The award recognises and promotes services provided by local authorities that have gone beyond the basic service requirements to ensure higher animal welfare standards.

Lenny Rolles, from the RSPCA, said: "We are delighted that Hackney continues to maintain a commitment to animal welfare and we're happy to recognise their hard work with a Gold Footprint."

Last November, the Council opened 10 draught-free, chew-proof kennels at Millfields Road to take in the 250 to 300 stray and abandoned dogs it looks after every year, until they can be returned to their owners or rehomed.

**"The RSPCA is delighted that Hackney Council continues to maintain a commitment to animal welfare"**



Pupils from Mandeville Primary School cuddle an abandoned dog

The kennels, which are individually heated and thermostatically controlled, include a bed area and exercise area for each dog, as well as a large external exercise area.

In July, the exterior of

the kennels were given a makeover when pupils from Mandeville Primary School made a mosaic to decorate the 'dog hotel'. The winning design (pictured) was the idea of 10-year-old Gerald Lawrence.

Cllr Feryal Demirci, Cabinet Member for Neighbourhoods, said: "We take our responsibility very seriously and have new kennels to make sure that we give animals the highest standards of care. We want to give neglected dogs the best possible chance of finding a permanent home."

"We also work with charities and the police to provide information about responsible dog ownership. Dogs need to be neutered to reduce the number of unwanted puppies, and vaccinated to reduce the spread of diseases. It's important that they are also microchipped."

## MORE INFO

For more info on animal welfare in Hackney, visit: [www.hackney.gov.uk/animalwelfare](http://www.hackney.gov.uk/animalwelfare)



The Council sought expressions of interest to redevelop the beautiful 111-year-old Haggerston Baths in June

# Pooling fresh ideas

**A**BREWERY, theatre, hotel, swimming pool and homes are just some of the many ideas being proposed for Haggerston Baths by those interested in leasing the iconic building from the Council.

Now residents are being invited to take part in a public meeting about the future of the Grade II listed Edwardian bathhouse.

The Council sought expressions of interest in the 111-year-old building, in June, attracting 29 bids from a range of individuals, firms and developers. They are now in the process of creating formal proposals.

The public meeting is being held on 8 October, at the VLC Community Centre, next door to the baths in Whiston Road, at 7pm. The expressions of interest and other information about the pool



It will cost around £25million to bring the baths back into use

will be available to view at the centre from 6pm, or can be studied online at: [www.hackney.gov.uk/xr-property-services-592](http://www.hackney.gov.uk/xr-property-services-592)

The meeting will ask those attending to comment on the draft proposals; make suggestions about the building's use based on these ideas; and suggest what the Council should prioritise when making its decision about the baths' future.

The feedback will be also be passed on to the bidders to help shape and refine their formal propositions.

Cllr Jonathan McShane, Cabinet Member for Health, Social Care and Culture; a speaker from the Haggerston Pool Community Trust; and Chris Pritchard, Assistant Director of Property Services at the Council will be speaking at the meeting. The chair will be Mike Coysh from Haggerston

More local news and events at:  
[facebook.com/DestinationHackney](https://facebook.com/DestinationHackney);  
 or: [twitter.com/LoveHackney](https://twitter.com/LoveHackney)



## News in brief

### Improving Hackney's homes

THOUSANDS of Hackney Homes residents are set to benefit from new kitchens and bathrooms thanks to a Council-funded programme.

The Hackney Investment Programme (HIP) has allocated £100million over the next 10 years for the work. It has replaced the Decent Homes Programme, which was created in 2006 with a £184million grant from the Government, as part of a drive to provide a good standard of social housing across the country.

Cllr Philip Glanville, Cabinet Member for Housing, said: "Over the last few years we have transformed the homes of thousands of residents through the Decent Homes scheme. The HIP is a major investment in Hackney's homes and will be ongoing for several years. We will be writing to those included within the programme to outline the works that are going to take place."

In addition to internal work under HIP, Hackney Homes will also continue to invest in homes across the borough, replacing roofs, windows and heating systems as well as improving estates with an extensive painting programme.



New kitchens and bathrooms set for Hackney's homes

### Support refugees in Hackney

THE Council has set up a phone line for residents who would like to offer help and support to refugees settling in the borough.

The Government has not yet said how many families it expects councils to support, but it has confirmed that the UK will accept 20,000 refugees over the next five years. Mayor of Hackney, Jules Pipe, said: "Here in Hackney there is a strong tradition of offering help and support to refugees, such as in the 1970s, when the borough became home to hundreds of Vietnamese refugees. We want to stand up and help again."

"We're already supporting a number of unaccompanied children and young people who have arrived here over the past weeks and months, and we are planning for greater numbers, in particular how we might be able to source accommodation. One thing is clear, central government needs to step up as local government has done and commit funding to allow us to help these families in desperate need."

To register offers of support for refugees settling in Hackney, visit: [www.hackney.gov.uk/refugees](http://www.hackney.gov.uk/refugees); or call: 020 8356 8855.

#### MORE INFO

For more info, e-mail: [londonpools@gmail.com](mailto:londonpools@gmail.com); or: [david.mitchell@hackney.gov.uk](mailto:david.mitchell@hackney.gov.uk); or call: 07773 002 646



# feature



"Carnival is fantastic – I've been doing this for 25 years now, and 10 years with my group." **Lorraine Thorntonfry, 53**

# In the mood for dancing

**Residents from different backgrounds danced, sang and shimmied to Hackney One Carnival**

"I like wearing costumes. The carnival has loud music!"  
**Khimara Browne, five**

By Dila Tumer

**A**MEDLEY of bright blues, gorgeous greens and radiant reds greeted carnival-goers. From brave fire-eaters to giant birds, this year's Hackney One Carnival had it all.

Even before it all kicked off, the inviting smell of freshly cooked corn on the cob, spicy jerk chicken, patties stuffed to the brim and many other foods were pulling people towards Dalston.

The event on 13 September started at Ridley Road, where excited participants lined-up beside an array of food and drink stalls. Rhinestone-encrusted

**Carnival makes the whole community come together in celebration of being alive**

costumes shimmered in the sunlight and there were smiles all around. At almost every stall a different song was playing loudly as

"Carnival is freedom for everyone to enjoy themselves. It's not only about dressing up." **Lincoln Rahamut, 69**

residents sang along and chatted to friends.

Waiting for the procession to start, Cherise Parks, 28, said: "This is my first time at Hackney One Carnival – I think I'm going to love it!"

Rushaine Dailey, 22, added: "This is a fantastic experience for anyone really, not just if you're

from Hackney." People from all different backgrounds danced, sang and ate together to celebrate local creativity and diversity. It wasn't hard to understand that this was definitely a day devoted to love and liberty, a day where everyone could be whatever they wanted to be – whether that was a butterfly, a lion or even a boat.

Ken Hinds, 50, agreed. He said: "Carnival makes the whole community come together in celebration of being alive."

Residents sat outside their houses to cheer on the spectacular procession of 20 different carnival groups, who danced and laughed their way from Ridley Road to Dalston Lane, along

## Hackney One Carnival bring together hundreds of performers from carnival and community groups

DID YOU KNOW?



"We missed Notting Hill carnival so we've come down to this today to get in the spirit." **Etienne and Hilary**



"Carnival is so much fun, there are so many colours! It's part of me – I can't miss it." **Chavon Lear, 20**



"Carnival is legendary...there is lots of talent and time for socialising" **Temi Adeoye, 16**



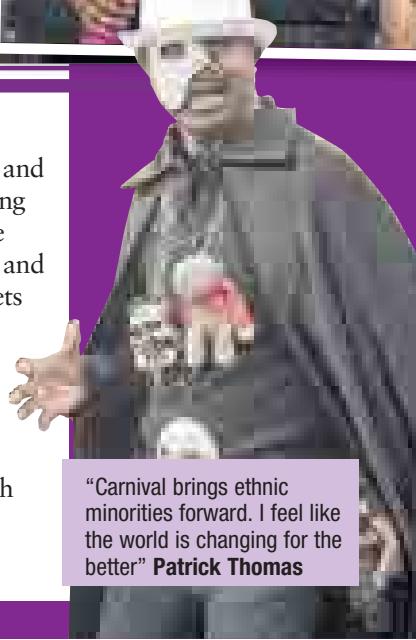
Richmond Road towards Hackney Town Hall, where they performed for 5,000 onlookers and judges – with the Tropical Isles troupe being named carnival band of the year.



carnival to reach the Town Hall square, young musicians entertained the cheerful crowds. Local talent Josh Tenor, 15, said: "It was exciting performing today, the vibe is fantastic."

People slowly flocked towards the Town Hall and joined in the fun, drinking with friends beneath the shade of the palm trees, and watching as huge puppets floated past.

The parade then made its way back to its starting point in Dalston, where festivities continued with more music and food until 8pm.



"Carnival brings ethnic minorities forward. I feel like the world is changing for the better" **Patrick Thomas**



**Clapton Girls' Academy**  
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## Reading Helpers Needed

A project run by Beanstalk, the children's literacy charity, helping children at Hackney schools with their reading needs more volunteers.

Can you spare 3 hours a week to help children catch up?  
Can you inspire children to share your love of reading?

If you think this is you, call **Beanstalk London North East branch** on **020 7749 7965** or visit [www.beanstalkcharity.org.uk](http://www.beanstalkcharity.org.uk) to register your interest.

**Beanstalk**  
Read • Grow • Succeed

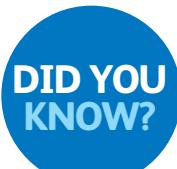
Beanstalk is committed to safeguarding the welfare of children and young people and requires all staff and volunteers to share this commitment.





2

## The coastal redwood is one of the largest, rarest and most ancient species of tree in the world



1. Summertime in Allens Gardens; 2. Guided plant walk; 3. Zipwire in the playground; 4. Viewing point; 5. Matthew Allen's Bethune Flats, overlooking the gardens; 6. Ancient coastal redwood tree; 7. Growing Communities urban market garden



Photos and words: Jane Ball



# 'A rare place of tranquility'

**TOWERING** at up to 300 feet, or 36 storeys high, the coastal redwood is the skyscraper of the natural world. It is also one of the largest, rarest and most ancient species of tree in the world.

They are native to California, on the west coast of North America, and they languish, tragically, on the International Union for Conservation of Nature's endangered species list. They are so rare, in fact, concerned scientists are cloning them in labs to help save them from extinction.

But, incredibly, one of these magnificent trees – albeit not quite one of the giants just yet – grows in Allens Gardens, a little-known park tucked behind Bethune Road in Stoke Newington. And no-one has any idea how it got there.

Sally Haywill, spokesperson for the Allens Gardens User Group, says:

"It is astonishing. It is currently the tallest tree in the gardens – looking like it is determined to live up to its reputation as the tallest in the world."

It's not the only surprise in Allens Gardens, a small nature-packed green lung and ecological haven in one of the borough's most built-up areas.

Sally continues: "It is absolutely teeming with a range of trees, plants, fungi, insects and other wildlife, notably birds. We've identified 80 different plants, shrubs or trees growing in the gardens, including the quite rare wild service tree of Fontainebleau, which is apparently one of the best specimens in Hackney. And, of course, the redwood."

The gardens were created in 1874 by prominent Stoke Newington Quaker Matthew Allen who, according to historical records, built them

**It gives us humans that live near Allens Gardens a wonderful, literal breathing space in a crowded city**

alongside Bethune Flats, his 'dwellings for the middle classes'.

At that time, the communal green space included a croquet lawn, long gravelled walk with flower borders, greenhouse, gardener's cottage, potting sheds, and coach house and stables. There was also a bowling green and children's playground, and tenants could buy produce grown in the kitchen garden.

Then, for reasons unknown, the gardens were locked up and forgotten for nearly 100 years – until local people teamed up with the Council, which now manages them, to bring the wilderness back into use

in the early 1990s.

Now, members of the community flock to the park, 'valuing its serenity, seclusion and beauty,' says Sally, a teacher. She adds: "It gives us humans that live near it a wonderful, literal breathing space in a crowded city. It is a rare place of tranquility and refuge from a busy world."

Indeed, the London Parks and Gardens Trust describe the gardens as having 'the atmosphere of a secret garden', shielded, as they are, behind homes on one side and bounded by the Enfield to Liverpool Street railway track on the other.

In a nod to the park's past life, Growing Communities, a community-led food-

growing organisation in Hackney, set up one of its first urban market gardens in the park in 2004. It is now one of the project's main growing sites, producing a vast array of organic salads and fruit. The team also introduced a garden shed to the site as well as an eco-building with a compost toilet and living sedum roof.

However, the gardens, which sit in a designated nature conservation area, are not just an oasis for people: it is a much-needed sanctuary for insects and animals seeking succour and sustenance from the surrounding urban sprawl.

"The beautiful small leaved lime tree consistently flowers early each summer, providing honeybees and other pollinators with a welcome source of nectar," says Sally. Adding: "The horse chestnuts flower in the spring, and provide vital early sources of

both nectar and pollen.

"The dandelions at the top end are one of the earliest sources of food for honeybees, and other insects, as are the flowers of the mirabelle plum tree in the woody area. The ivy growing on trees and walls is the essential last crop of flowers, around October, before the insects snuggle down for the winter."

The little park forms part of a vital green corridor, stretching north-westerly up the long back gardens of Cranwich and Bethune roads towards the leafy banks of the East Bank and West Bank Nature Reserve, a two kilometre stretch of railway cutting near Stamford Hill Station, as well as southwards into Abney Park Cemetery.

### MORE INFO

 For more info on Hackney's parks and green spaces, visit: [www.hackney.gov.uk/parks](http://www.hackney.gov.uk/parks)

# feature



11



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Clockwise from main: 1. Brian Walker, best housing estate garden; 2. The Hoxton Trust, best community project; 3. Andrew McDonald, best front garden; 4. Orchard Primary School, winner of young & green fingered award and best newcomer; 5. Pretty in pink; 6. St Joseph's Hospice, best business premises, with celebrity landscaper Tommy Walsh; 7. Paul Clift, best container garden; 8. Lauriston School, best food growing garden; 9. Vampires beware; 10. Pupil from Daubeney Primary School, with young & green fingered (bronze) award; 11. Mellow yellow



**H**ACKNEY has proven it's got some serious flower power after residents, businesses and schools produced some amazing entries for the annual Hackney in Bloom competition.

Green-fingered locals have been digging, planting, potting and growing over the past year, and the best of the bunch were recognised at an awards evening on 10 September.

The most popular category, best front garden, was won by Andrew McDonald – whose playful herb and edible garden impressed judges; while Brian Walker's backyard Eden took gold in the best housing estate garden category.

**“Time in the garden is a brilliant way for children to connect with the natural world and learn where their food comes from”**

Andrew, 85, said: “I thought the prize-giving was wonderful. I was really impressed by the

enormous range of ages of those there on the night.”

For the second year running, St Joseph's Hospice took

home the best business premises award with its peaceful, manicured grounds; while The Hoxton Trust dug to victory to win best community project.

Paul Clift showed small can be beautiful, taking number one spot in the best container category with his breath-taking boxed blooms.

Meanwhile, nurturing a crop of future gardeners was Lauriston Primary School, E9, which won the best food growing award; and Orchard Primary School, E9, which took gold in the young and green-fingered category, as well as the best newcomer award.

Orchard Teaching Assistant, Rejeya Begum, who led the school's



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DID YOU  
KNOW?

## Hackney in Bloom, the Council's annual gardening competition, is now in its eleventh year



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13. Hotel



14



11. St Joseph's Hospice; 12. Tasty tomatoes; 13. Insect hotel by The Hoxton Trust; 14. Award-winners with Cllr McShane and Tommy Walsh; 15. 1970s memorabilia; 16. Hoxton Gardens; 17. A Lauriston School pupil with the best food growing award



15



17



16

### Hackney in Bloom 2015 winners

#### Best Front Garden

Gold: Andrew McDonald  
Silver: Jerry Smith  
Bronze: Mr & Mrs C Bearne

#### Best Container Category

Gold: Paul Clift  
Silver: Emma Holland  
Bronze: Mrs Thomas

#### Best Food Growing

Gold: Lauriston School  
Silver: Growing Communities

#### Young & Green-fingered Award

Gold: Orchard primary  
Silver: Thomas Fairchild school  
Bronze: Daubeney primary

#### Best Community Project

Gold: The Hoxton Trust  
Silver: Evering Road Kitchen Garden  
Bronze: Lee House

#### Best Business Premises

Gold: St Joseph's Hospice  
Silver: The Beehive

#### Best Housing Estate Garden

Gold: Brian Walker  
Silver: Pasquale Calabrese  
Bronze: Susan Borghys

#### Best Newcomer

Orchard primary

gardening initiatives, said: "We are delighted to have won gold in these two categories. These awards reflect the unending enthusiasm the children and parents have shown for growing their own fruit, vegetables and herbs.

"We are proud that the school has recently increased its growing space to include a dye garden and wildlife area, as well as space to grow flax for linen workshops and wheat for 'lessons in loaf'. Time in the garden is a brilliant way for children to connect with the natural world and learn about where their food really comes from."

Celebrity landscaper Tommy Walsh was guest of honour at the awards, held in Hackney Marshes

Centre, in Homerton Road. He told attendees about his career in gardening and why horticulture is important in an urban environment.

Cllr Jonathan McShane, Cabinet Member for Health, Social Care and Culture, added: "I would like to congratulate all those who took part in this year's Hackney in Bloom awards and especially those who took home the top prizes.

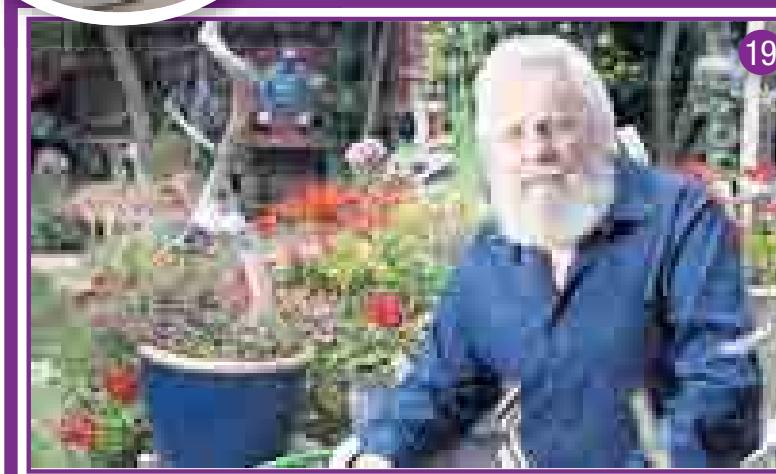
"The awards not only recognise Hackney's best gardeners, who help make the borough a bright and beautiful place to be, but they also encourage everyone to look after our borough and help keep Hackney greener for all."



21



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19



18

18. Paul Clift's container garden;  
19. Award-winner Brian Walker; 20.  
Lovely blooms; 21. Memorial stone  
in St Joseph's Hospice garden

# VOTE

## HACKNEY EMPIRE AS THE MOST WELCOMING THEATRE IN THE UK!

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Voting closes Fri 25 Sep

H Hackney  
ARTS COUNCIL  
ENGLAND

In this regular feature, we profile the borough's great & good or just plain interesting

# hackneypeople



Photo: Adam Holt

Hawa Sesay underwent female genital mutilation (FGM) when she was just 13-years-old. She set up the Hawa Trust in Hackney to tackle FGM and raise awareness of the practice

By Harriet Worsley

**WAS** 13 when it happened to me," says Hawa Sesay. "My aunty came to where we lived in the south of Sierra Leone and told me we were visiting relatives in the north. When we arrived, there were other girls there. Women were performing a ceremonial dance and beating drums. I panicked, but I couldn't speak the dialect and I didn't know what was happening.

"Very early the next morning," she continues in a soft voice, "we were taken out to the bush. I could hear the drums beating in the distance. And then they came for me."

What happened next was to scar her for life, both physically and psychologically. She says: "I was blindfolded and held on the floor, with my legs spread. Then I found out why they beat the drums – to stop the other girls hearing the screaming."

The World Health Organisation defines FGM, or female genital mutilation,

as 'procedures that intentionally alter or cause injury to the female genital organs for non-medical reasons.' It is estimated to have been experienced by 125 million girls and women alive today, mainly from countries in Africa and the Middle East.

Commonly carried out before girls reach 15, it can cause severe bleeding, problems with urination, cysts, infections, infertility, profound difficulties in childbirth and death.

For Hawa, it nearly ended her life. After the procedure, carried out with a basic knife and without anaesthetic, she was told to lie down and be rubbed with leaves, as she nearly bled to death.

Just six weeks later, she returned to her life and never spoke about the experience. She says: "I thought every woman went through that. I didn't understand what had been done to me, but I would get horrible flashbacks."

At 19, she went to Russia to study, where she became pregnant with her first child. She recalls: "They said that

**“What I had suffered wasn’t normal. It’s wasn’t an acceptable tradition. It was barbaric. It was a human rights violation”**

the baby wanted to come but he couldn't. Finally a doctor who had worked in Africa examined me and realised I was an FGM victim. He told my husband they would have to take me to the operating theatre."

The experience recalled the unbearable agony of that first, primitive procedure when she was cut open and stitched back up. But again, she carried on in silence.

Then, having come to the UK to study social work, the topic of child abuse came up in a lecture. The tutor began speaking about FGM. Hawa says: "For the first

time I started talking about my experience."

She realised: "What I had suffered wasn’t normal. It’s wasn’t an acceptable tradition. It was barbaric. It was a human rights violation, an abuse."

In 2011, Hawa went back to Sierra Leone to visit relatives only to discover that her nieces, aged just 13, 12, and 11, had undergone FGM. She took them to the clinic to get blood tests. She recalls: "I had to call their mother and say 'your girls are sick and it can’t be cured. They have HIV'."

A single knife had been

## Curriculum Vitae: Hawa Sesay

- |             |   |
|-------------|---|
| <b>1958</b> | Born in Sierra Leone  |
| <b>1986</b> | Moved to Russia to study telecommunications                                     |
| <b>1992</b> | Moves to Hackney  |
| <b>2007</b> | Enrolled in a post-graduate course in social work at London's Ruskin University |
| <b>2013</b> | Helped the NSPCC launch an FGM helpline   |

used on all the girls who had undergone FGM, including her nieces.

"Do you know the stigma of HIV in Sierra Leone?" asks Hawa. Adding: "My oldest niece has already run away because of the shame. It was then that I knew I must do something."

A Hackney resident for nearly 27 years, it is here that she set up the Hawa Trust to tackle FGM. She says: "Hackney has so many ethnic minorities. People used to think the rates of FGM were low here, but it's because women were slipping through the net."

Hawa started going into schools to raise awareness, appearing at parent meetings, running coffee mornings and gathering testimonials from women who learnt to trust her and were, Hawa says, 'empowered to speak out and tell people it is awful'.

Although FGM has been illegal in the UK since 1985 and, in 2003, it was made a criminal offence to take a girl out of the country for that purpose, to some the tradition is still revered.

Hawa says: "Where does

**“It’s the 21st century now – enough is enough”**

this tradition come from? It's not in the Koran, it's not in the Bible. It's man-made and it's barbaric. Tradition that is good, yes we must preserve it. But tradition that is abusive, painful and dangerous? Well, it's the 21st century now – enough is enough."

Hawa believes round table talks are needed, involving the cutters who see the tradition as their livelihood, if the practice is to stop. What she wants now, however, is a small room in Hackney.

She says: "I talk to older women and young girls and there has to be a space where I can empower them all to come to talk about their experiences. Right now it's my house. There needs to be somewhere permanent, where they can feel safe."

For more information about Hawa's group e-mail: [hawadsesay@yahoo.co.uk](mailto:hawadsesay@yahoo.co.uk)

## MORE INFO

 If you are worried that a child may be at risk of FGM, call: **0800 028 3550**; or e-mail: [fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.uk)

# GIVE OR TAKE

DO YOU UNWANTED ITEMS? → DAY ← DO YOU WANT THEM?

IS IT  
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GIVE OR TO  
RECEIVE?

ARE YOU A  
GIVER  
OR A  
TAKER?



**SATURDAY 26 SEPTEMBER 2015 – 11AM TO 3PM**  
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DAYS ARE LIKE  
JUMBLE SALES  
WITHOUT ANY  
MONEY

GIVE YOUR  
UNWANTED  
ITEMS  
11AM - 12PM

GIVE AND  
TAKE AT THE  
SAME TIME  
12PM - 3PM

YOU DON'T  
HAVE TO GIVE TO  
TAKE AND YOU  
DON'T HAVE TO  
TAKE TO GIVE

[www.hackney.gov.uk/give-or-take](http://www.hackney.gov.uk/give-or-take)



FURNITURE ♦ BOOKS ♦ CLOTHES ♦ KITCHENWARE ♦ TOOLS ♦ PLANTS ♦ SMALL ELECTRICAL ITEMS



No wheelbarrows! Only washing machines or other vehicles.



H Hackney



### THE GREEN GENIE

## All your green questions answered

**Q:** I have several pairs of old glasses that no longer fit my prescription – can I recycle them?

**A:** You can take old glasses to most opticians. They donate them to the charity Vision Aid which helps provide eye care to millions of people in developing countries. Vintage or retro spectacles are separated and offered for sale to eyewear merchants who are interested in restoring and selling them. Other glasses are dismantled and split into glass, plastic and metal then recycled.

There are several opticians which accept old glasses all over Hackney. Find your nearest branch at: [www.visionaidoverseas.org/recycle/opticians](http://www.visionaidoverseas.org/recycle/opticians)



### MORE INFO

To ask the Genie a question, e-mail: [recycling@hackney.gov.uk](mailto:recycling@hackney.gov.uk), or write to: Green Genie, Recycling, Keltan House, 89-115 Mare Street, E8 4RU. For more information on recycling in the borough call: 020 8356 6688, or visit: [www.hackney.gov.uk/recycling](http://www.hackney.gov.uk/recycling)



1  
Photos: Penny Dixie



2



3

# Visitor centre for wetlands

**A**HISTORIC Grade II listed coal house is set to be restored and given a new lease of life as a visitor centre for the new Woodberry Wetlands nature reserve.

The building was constructed in 1833 and formed part of a complex that served East and West reservoirs, in Stoke Newington.

It was used as coal store for a nearby boiler house, and as a kitchen to serve the New River Company directors' dining hall, although both of these adjacent buildings have long since been demolished.

The New River fed the reservoirs with fresh water



The new Woodberry Wetlands reserve is based at the East Reservoir

from the chalk streams of Hertfordshire, making it a profitable business for the directors who feasted in the now lost dining hall.

The building suffered significant structural damage, but that is set to be remedied, following a grant of £19,740 from the Association for Industrial Archaeology.

The money, which has been matched by the Heritage Lottery Fund, will allow London Wildlife Trust, the charity creating the new nature reserve, to renovate the building and restore it to public use.

A new roof terrace will be added, with views over the reservoirs and its wildlife, and the restored

building will include a public cafe, as well as an education and training hub, to help visitors learn about the heritage of the wider site.

The new Woodberry Wetlands reserve is based around East Reservoir, and has been closed to the public for almost 200 years. The site has evolved into a hidden wildlife haven and will reopen in November, with a public launch event and celebration next spring.

### MORE INFO

 For more info on the Woodberry Wetlands, visit: [www.woodberrystwetlands.org.uk](http://www.woodberrystwetlands.org.uk)

## Residents reminded to not mix their recycling with general rubbish

CLOTHES, duvets, food, computers, tree branches and nappies – these are just some of the items that get found in communal recycling bins in Hackney.

Although the odd non-recyclable item put into the recycling bins by mistake will get screened out at the facility in Bow,

bags of general rubbish, bulky waste and food will cause problems. This is because recycling gets compacted in the back of collection trucks and gets spoiled if there is too much food or general waste mixed in.

If it is spoiled, the whole lorry load has to be thrown away

instead of being recycled, which costs the Council thousands of pounds.

The best way to make sure that only recycling goes into the bins is to keep the lids locked.

This enables people to put small bags of recycling through the slot in the bin, but makes it difficult to throw in big

sacks of rubbish.

Residents can bring a reusable bag or box and tip the contents into the bin, or throw small, untied carrier bags full of recycling straight into the bins. Small carrier bags do not cause a problem as long as they contain recycling. Black sacks must not go in the

recycling bins.

Residents can order a free reusable bag at: [www.hackney.gov.uk/recycling](http://www.hackney.gov.uk/recycling); or by calling: 020 8356 6688.

If the bins are unlocked, or contain general rubbish or other non-recyclable items, e-mail: [recycling@hackney.gov.uk](mailto:recycling@hackney.gov.uk); or call: 020 8356 6688.



Don't mix recycling with rubbish

I  LOVE  
HACKNEY

SHOP  
 LOCAL

## Do you **really need** a plastic bag?

Support your local high street and reduce the use of plastic bags by shopping with a reusable carrier bag - discounts are available at some participating shops.

For more information, visit [www.hackney.gov.uk/shop-local](http://www.hackney.gov.uk/shop-local)

 Hackney

# what's on

## TOP FIVE

There's so much to do in and around Hackney. From theatre to club nights, art exhibitions to community events. Here's our pick of what's on this fortnight:

### 1. FOOD OF WAR

Three artists invite attendees to taste the political flavour of war through art, tapas and music

► See Art & Exhibitions

### 2. HEROES OF THE HOOD

Learn how to take better pictures with a professional photographer

► See Courses

### 3. RELOAD

A night of dancehall, hip-hop, house, dubstep and grime

► See Nightlife

### 4. BANGLA MUSIC FESTIVAL

Showcasing the evolution of Bangla music through live performances by leading South East Asian musicians

► See Theatre & Live Entertainment

### 5. MEMORIES OF NURSING IN 1970S

An intimate reading and talk about nursing during the 1970s at Hackney Hospital

► See Noticeboard

## ART & EXHIBITIONS

## CINEMA

## COURSES

## HEALTH, FITNESS & SPORT

## YOUNG PEOPLE

## NIGHTLIFE

## THEATRE & LIVE ENTERTAINMENT

## NOTICEBOARD



Clockwise from left: Dougie Wallace 2; Rune-Engebo, 'Motind'; Bulant Acar, 'Hackney Barber Shop'; Xiaowen Zhu, 'Oriental Silk Thread'

## PREVIEW

### Photomonth photography festival

1 Oct–30 Nov, Various East London locations

THE first thing you'll notice about photomonth, the photography festival held in venues across East London every year, is that it happens over two months, not one.

From 1 October until 30 November, Hackney venues – including Dalston CLR James Library, Rich Mix, Chats Palace, Dalston Eastern Curve Garden and more – are set to host a diverse programme of exhibitions, talks, workshops and courses designed to celebrate

► For more info, visit: <http://2015.photomonth.org>

contemporary photography and reach out to a wider audience. Hotly anticipated events include the Photomonth Photo-Open Exhibition. After a submissions process, judged by a committee of industry professionals, the finalists' work will be exhibited at Rich Mix from 6 November. Each photo, tackling this year's theme, 'Imagining The East End', is now open to a public vote to select the 'best in show', with a prize to be awarded by the World Photography Organisation. The power is your hands...

## also in what's on



NIGHTLIFE



HEALTH, FITNESS & SPORT



Rockston Stories at Hoxton Hall

Events info can also be viewed  
on the Council's website:  
[www.hackney.gov.uk/whatson](http://www.hackney.gov.uk/whatson)

DID YOU  
KNOW?



## ART & EXHIBITIONS

### WALL, WINDOW, WORLD

Until 10 Oct, Tues-Sat,  
10am-6pm

Artist Tom Hammick's first solo exhibition explores the nature of existence through other-worldly and dreamlike landscapes. With an emotive handling of colour, Hammick creates psychologically charged spaces in which figures, alone or in groups, are cast adrift. Free. Flowers Gallery, 82 Kingsland Road, E2 8DP. Info: 020 7920 7777; [www.flowersgallery.com/exhibitions/view/tom-hammick-wall-windowworld](http://www.flowersgallery.com/exhibitions/view/tom-hammick-wall-windowworld)

### GREETINGS FROM EARTH

Until 11 Oct, Fridays &  
Sundays, 12noon-6pm

Three very different creatives share a compulsion towards narrative art. Michael

O'Mahony, Katherine Tulloh and Joseph Whitmure use different mediums including film, oil paintings and PowerPoint presentations to explore their interest in humanity. Transition Gallery, Unit 25a, Regent Studios, 8 Andrews Road, E8 4QN. Info: 020 7254 4202; [www.transitiongallery.co.uk/htmlpages/GreetingsFromEarth.html](http://www.transitiongallery.co.uk/htmlpages/GreetingsFromEarth.html)



### PICTURE TAKING: EXPLORING MYSELF THROUGH PHOTOGRAPHY

Until 31 Dec, various  
opening times

This new display features

the work of students at The Garden School in Stoke Newington. It supports children with special educational needs, many with an autistic spectrum disorder. "When words don't come easily, photography offers a voice to those for whom everyday communication is a challenge". Free. All ages. Hackney Museum, Ground Floor, Technology and Learning Centre, 1 Reading Lane, E8 1GQ. Info: 020 8356 3500; [www.hackney.gov.uk/museum-exhibitions](http://www.hackney.gov.uk/museum-exhibitions)

### FOOD OF WAR

25-30 Sept, 12noon-6pm

The Food of War Collective launches its first UK show exploring the way we eat and the way we fight. Three artists from diverse backgrounds invite attendees to taste the political flavour of wars through contemporary art, tapas and music. RSVP essential. Free. Ages 18+. 5 Stoke Newington Road, Dalston, N16 8BN. Info: [info@foodofwar.org](mailto:info@foodofwar.org)

### TURNING EARTH CERAMICS: AUTUMN STUDIO SALE

26 Sept, 1-6pm

Visit this ceramics studio and buy affordable homeware directly from 20 local potters and ceramic artists. Featuring live demonstrations, music and street food. Free entry. All ages. Turning Earth Ceramics Studio, Railway Arches 361-362, Whiston Road, Haggerston, E2 8BW. Info: 020 7729 4819; [www.turningearthceramics.co.uk](http://www.turningearthceramics.co.uk)



### ARTISTS AND ARTISANS OF THE EAST END

1 Oct-2 Nov, Mon-Sat, 10am-6pm

This ongoing archival project by photographer Ansell Cizic documents artists working and living in the East End. Each image has a unique approach, aesthetic appeal and sense of humour that is particular to Cizic. Free. All ages. Well Hung Gallery, 239 Hoxton Street, N1 5LG. Info: Tel: 020 7033 2777; [www.wellhung.co.uk/exhibitions/the-wick-and-beyond-artists-and-artisans-of-the-east-end-by-ansell-cizic/](http://www.wellhung.co.uk/exhibitions/the-wick-and-beyond-artists-and-artisans-of-the-east-end-by-ansell-cizic/)



## COURSES



### HEROES OF THE HOOD

24 Sept, 6-7pm

Learn how to take better pictures with a professional photographer at this monthly workshop. All levels welcome. Bring a camera or a phone with a camera. Free. All ages. Kingsmead Youth Club, Kings Mead Way, E9 5PP. Info: 020 8510 0113; [bejalparekh@ecoactive.org.uk](mailto:bejalparekh@ecoactive.org.uk)

### RIO

Legend (18); Amy (15); NT Encore: Coriolanus (12A); Finding Nemo (U). Rio Cinema, 107 Kingsland High St, Dalston, E8 2PB. Info: 020 7241 9410; [mail@riocinema.org.uk](mailto:mail@riocinema.org.uk); [www.riocinema.org.uk](http://www.riocinema.org.uk)

### RICH MIX

Everest (12A) 2D/3D; Straight Outta Compton (15); Roger Waters The Wall (12A); Irrational Man (12A); Containment (15); Amy (15); The Martian (TBC); Macbeth (TBC); Convenience (15). Rich Mix, 35-47 Bethnal Green Rd, E1 6LA. Info: 020 7613 7498; [boxoffice@richmix.org.uk](mailto:boxoffice@richmix.org.uk); [www.richmix.org.uk](http://www.richmix.org.uk)

### HACKNEY PICTUREHOUSE

Song Of The Sea (PG); The Searchers (U); Me And Earl And The Dying Girl (12A); L'Eclisse (PG). Hackney Picturehouse, 270 Mare St, E8 1HE. Info: 0871 902 5734; [www.picturehouses.co.uk/cinema/hackney\\_picturehouse](http://www.picturehouses.co.uk/cinema/hackney_picturehouse)



### COME DESIGN WITH ME

24 Sept, 1 & 8 Oct, 7-9pm

Learn new cake decorating ideas and techniques using sugar paste. Classes cover colouring paste, preparing butter cream, using piping strokes and how to sell the finished cakes. Material and use of equipment included. £130. Ages 18+. Unit

24-25 Independent Place, Shacklewell Lane, E8 2HE. Info: 020 7249 4542; [htea@live.co.uk](mailto:htea@live.co.uk); [www.htea1.com/#!services/ch6q](http://www.htea1.com/#!services/ch6q)

### INTRODUCTION TO USING A SEWING MACHINE & UPCYCLING

27 Sept, 11am-5pm

Build confidence and create a series of fashion accessories using a sewing machine followed by an introduction to the marvels of 'upcycling' (creative reuse). Materials provided. Booking essential. £55/50 conc. Ages 16+. Fabrications, 7 Broadway Market, E8 4PH. Info: 020 7275 8043; [barley@fabrications1.co.uk](mailto:barley@fabrications1.co.uk); [www.fabrications1.co.uk](http://www.fabrications1.co.uk)

# Competition

## Win tickets to the BBC Good Food Show

LOVE food? Then the BBC Good Food Show is just the ticket, with some of the nation's most high profile chefs appearing live across 10 different stages at London Olympia from 13 to 15 November. Visitors can indulge their passion for food while being inspired by the best chefs in the business, including 'The Great British Bake Off's' Paul Hollywood and Mary Berry, 'Saturday Kitchen' presenter James Martin, and 'Masterchef' Michel Roux Jr. Visitors will be able to enjoy live cookery demonstrations, interviews and book signing sessions, while discovering a wide range of appliances and gadgets. The BBC Good Food Show at London Olympia is also set to showcase a baking section, where guests will be

able to find all the products needed for home baking, join a wide selection of free technique masterclasses, visit a 'cake parade' and learn new tricks from dozens of baking experts. For more info, visit: [www.bbcgoodfoodshowlondon.com](http://www.bbcgoodfoodshowlondon.com)

Hackney Today has five pairs of tickets to give away for 13 or 15 November. For a chance to win, send a postcard to: BBC Good Food Show competition, Hackney Today, 1st Floor, Maurice Bishop House, 17 Reading Lane, E8 1NN; or e-mail: [htnews@hackney.gov.uk](mailto:htnews@hackney.gov.uk) by 2 October. All entries must include a name, address and telephone number. Winners will be pulled out of a hat.

**FOOD SMOKING****3 Oct, 10am-4.30pm**

A practical hands on introduction to food smoking (flavouring, cooking, or preserving food by exposing it to smoke from burning or smouldering material, such as wood). Students will learn how to make and use a hot and cold smoker, source wood, brining and salting, health & safety and more. Book online. £110. Ages 16+. Hackney City Farm, 1a Goldsmith's Row, E2 8QA. Info: 07940 491 049; [turan@coldsmoking.co.uk](mailto:turan@coldsmoking.co.uk); [www.coldsmoking.co.uk](http://www.coldsmoking.co.uk)

**IMPROVE YOUR TEACHING SKILLS USING RUBRICS****8 Oct, 9.30am-4.15pm**

A training day to explore the use of Rubrics (a graph-like method for rating performance) as a powerful teaching tool, and to help further develop skills as an effective and engaging communicator using tried and tested techniques. £165. The Tomlinson Centre, Queensbridge Road, E8 3ND. Info: [www.eventbrite.co.uk/e/improve-your-teaching-skills-using-rubrics-a-dynamic-approach-tickets-16560170917](http://www.eventbrite.co.uk/e/improve-your-teaching-skills-using-rubrics-a-dynamic-approach-tickets-16560170917)

**HEALTH, FITNESS & SPORT****SOCERCISE****Until 11 Oct, every Sun, 10-11am**

Join an aerobic class combining various exercises with a football. Whether or not you play footy, Soccercise is geared at having fun whilst working-out in a group environment. Millfields Park,

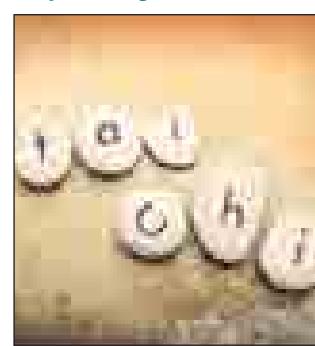
E5 0AR. Info: [getfitnow@ourparks.org.uk](mailto:getfitnow@ourparks.org.uk); [www.ourparks.org.uk](http://www.ourparks.org.uk)

**SINGING FOR LUNG HEALTH****Every Wed, 11.30am-12.30pm**

Sing at your own pace at British Lung Foundation-funded workshops for people experiencing breathing difficulties including Chronic Obstructive Pulmonary Disease (COPD) and asthma. Register in advance. Free. Ages 18+. Huddleston Centre, Powell Road, E5 8DJ. Info: Tina: 020 8985 8090; [www.kimmaramusic.org.uk](http://www.kimmaramusic.org.uk)

**TAI-CHI****21 & 28 Sept & 5 Oct, 11am-12noon**

Tai-chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. Exercise level is moderate. Contact for prices. Ages 18-55. Milton Gardens Community Centre, N16 8TA. Info: [getfitnow@ourparks.org.uk](mailto:getfitnow@ourparks.org.uk); [www.ourparks.org.uk](http://www.ourparks.org.uk)

**PILATES****24 Sept & 1 Oct, 8-9pm**

Develop core stability and improve mobility and posture with pilates. This form of exercise is also known to help reduce stress and tension. Suitable for all levels. £5 drop-in. Ages 16+. Hindle House Community Hall, Arcola Street, E8 2DZ. Info: 07984 966 964; [Info@elite-evolution.co.uk](mailto:Info@elite-evolution.co.uk)

**CONNECT HACKNEY VOTING SESSION****25 Sept, 2-5pm**

Hear and help make decisions about social and leisure activities for senior people and vote on which ones should be funded. Ages 50+. Assembly Rooms, Hackney Town Hall, Mare Street, E8 1EA. Info: 020 7923 8358; [rachel@hcvs.org.uk](mailto:rachel@hcvs.org.uk); [www.hcvs.org.uk](http://www.hcvs.org.uk)

**HAVEN HOUSE CHILDREN'S HOSPICE SUNRISE SWIM****4 Oct, 6-9am**

The challenge is to swim the equivalent distance in metres of £3,850, which pays for a day of hospice care at Haven House. This sunrise swim challenge is to complete 77 lengths (which is 3.850m). No minimum sponsorship needed to take part. £10 entry includes a hot drink, breakfast snack and medal. Ages 16+. London Fields Lido, London Fields Park, London Fields West Side, E8 3EU. Info: 020 8498 5849; [www.havenhouse.org.uk](http://www.havenhouse.org.uk)

**GUIDED WALK****26 Sept, 11am-12.30pm**

Explore Hackney's historic cemetery and nature reserve and discover the importance of green spaces in London. Learn about everything from fungi to wildlife, and how much its biodiversity has contributed to modern London. Free, donations accepted. All ages. Meet at Abney Park Cemetery main gates, Stoke Newington High Street, N16 0LH. Info: 020 7275 7557; [info@abneypark.org](mailto:info@abneypark.org)

**NIGHTLIFE****RELOAD****24 Sept, from 8pm**

A night brought to you by DJs Famous Eno, Serocee and Smutlee. Expect dancehall, hip-hop, house, dubstep and grime. £3 before 10pm/£5. Ages 18+. The Book Club, 100 Leonard Street, EC2A 4RH. Info: 020 7684 8618; [wearetbc.com/whats-on/reload/](http://wearetbc.com/whats-on/reload/)

**PREVIEW****Brenda****22 Sept-17 Oct, The Yard Theatre, Unit 2a Queen's Yard, E9 5EN**

BRENDA does not believe that she is a human. Her boyfriend is trying to change her mind. That's the premise from which 'BRENDA', the latest play to be staged at the Yard Theatre, develops. Written by one of the most promising new voices in British theatre, EV Crowe, the play transfers to Hackney from the HighTide festival in Suffolk, where it attracted rave reviews.

Star performances by Alison O'Donnell (DS

Alison McIntosh in BBC One's 'Shetland') and Jack Tarlton ('The Imitation Game') keep audiences hooked throughout a script that uses unsettling silences and empty stages to provoke us into questioning 'what life could look like free from the everyday challenges of being a person'. For more information visit: [www.theyardtheatre.co.uk](http://theyardtheatre.co.uk)

**SCARED TO DANCE****25 Sept, 11pm-3am**

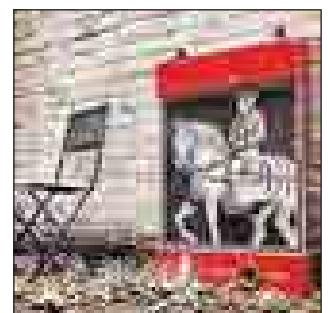
Club night Scared To Dance is back for the first of a new series of pop-up nights, promising the best indie dancing in Hackney. Guest DJs will be playing a mix of indiepop, punk and sixties music. Post your request on the event wall. £4/6. Ages 18+. The Shacklewell Arms, 71 Shacklewell Lane, Dalston, E8 2EB. Info: 020 7249 0810; [www.concretespace.co.uk/events/block-party-10#](http://www.concretespace.co.uk/events/block-party-10#)

West and Chaka Khan to Chaka Demus, this Shoreditch party will play dance floor fillers such 1980s boogie, 1990s RnB, golden age hip-hop, vintage dancehall and classic garage, all through to the latest hits. £5 before 11pm/£8 after. Concrete, Lower Ground Floor, 56 Shoreditch High Street, E1 6JJ. Info: 020 7749 1883; [www.concretespace.co.uk/events/block-party-10#](http://www.concretespace.co.uk/events/block-party-10#)

**ANDY SMITH AND FRIENDS****26 Sept, 9pm-4am**

Underground producer and DJ Andy Smith headlines at this hip hop, reggae, disco and funk party which takes you on a journey from the late 1970s to the mid 1990s. Free before 10pm/£3-5. Ages 18+. The Horse and Groom, 28 Curtain Road, Shoreditch, EC2A 3NZ. Info: 020 7503 9421; [www.thehorseandgroom.net](http://thehorseandgroom.net)

night's 17th anniversary, John Digweed of record label Bedrock is set to deliver a five-hour set of electronic music. £15. Ages 18+. XOYO, Cowper Street, Shoreditch, EC2A 4AP. Info: [info@xoyo.co.uk](mailto:info@xoyo.co.uk); [www.xoyo.co.uk/events/bedrock-XVII-wit/index.html](http://www.xoyo.co.uk/events/bedrock-XVII-wit/index.html)

**THEATRE & LIVE ENTERTAINMENT****EVENTIDE**

**Until 17 Oct, 8-10.15pm**  
A play about the emotional connections we have to where

**BLOCK PARTY****26 Sept, 9pm-2am**

From Cutty Ranks to Kanye

To list an event, fill out the e-form at: [www.hackney.gov.uk/whatson](http://www.hackney.gov.uk/whatson)

Events info can also be viewed  
on the Council's website:  
[www.hackney.gov.uk/whatson](http://www.hackney.gov.uk/whatson)

DID YOU  
KNOW?



## PREVIEW

### Rockston Stories

**29 Sept-1 Oct, Hoxton Hall, 130 Hoxton Street, N1 6SH**

TRUE stories from the lives of local people have been dramatised in a cabaret that promises to reflect 'the splintered, chaotic, and at times absurdly comic world of people who have affected by addiction'. 'Rockston Stories' is the first production to be staged in the newly refurbished Hoxton Hall. The work of Outside Edge, a theatre company whose work focuses exclusively on substance misuse, the live cabaret is staged by professional actors, each of whom have past experience with addiction.

Directed by the company's artistic director

Susie Miller, with support from the renowned actor and former director of the Globe Theatre, Mark Rylance, the cabaret will take the audience on a colourful journey through Hoxton Hall's history as Victorian music hall and temperance society meeting house, taking in the stories of drug users in an area nicknamed 'Rockston' for its connections to the crack cocaine world. It promises to be a truly addictive performance.

For more info, visit: [www.hoxtonhall.co.uk/rockston-stories/](http://www.hoxtonhall.co.uk/rockston-stories/)

we live and the people we live with. Eventide follows the story of three people whose worlds are disappearing. Their tales unfold round the back of a pub hidden deep in the heart of the Hampshire countryside. £17/14 conc. Ages 12+. Arcola Theatre, 24 Ashwin Street, Dalston, E8 3DL. Info: 020 7503 1646; [www.arcolatheatre.com](http://www.arcolatheatre.com)

### COMEDY KNIGHTS FRESH COMEDIAN OF THE YEAR

**24 Sept, from 7.30pm**

Comedy Knights have given 140 would-be comedians the chance to showcase their talent, and have found 12 finalists with the potential to be professional acts in the future. With a warm-up set from last year's winner, Dave Green, watch finalists perform their best sets in the hope of being crowned the winner. £10. ages 18+. Hackney Attic, Hackney Picturehouse, 270 Mare Street, E8 1HE.

Info: 0871 902 5734; [www.picturehouses.com/cinema/Hackney\\_Picturehouse](http://www.picturehouses.com/cinema/Hackney_Picturehouse)

### EDDIE KADI

**26 & 27 Sep, from 8pm**

The first black British comedian to headline his own show at the O2, Eddie Kadi brings his one-man-show back to Hackney featuring his unique brand of clean, energetic comedy, quick wit and unpredictability. £12.50-20. Hackney Empire, 291 Mare Street, E8 1EJ. Info: 020 8985 2424; [www.hackneyempire.co.uk/4069/shows/eddie-kadi.html](http://www.hackneyempire.co.uk/4069/shows/eddie-kadi.html)



### BANGLA MUSIC FESTIVAL

**27 Sep, 12noon-7pm**

Now in its second year, this festival showcases the evolution of Bangla music through live performances by leading musicians of West Bengal and Bangladeshi origin. Free. All ages. Rich Mix, 35-47 Bethnal Green Road, E1 6LA. Info: 020 7613 7498; [www.richmix.org.uk/whats-on/event/bangla-music-festival/](http://www.richmix.org.uk/whats-on/event/bangla-music-festival/)

### ORATNITZA

**2 Oct, from 7.30pm**

Band Oratnitz presents a blend of folk melodies, hip hop, dubstep and drum & bass while three-piece band, Gipsydelica show off their Balkan psychedelic rock fusion sound. £9 adv/12 otd. Ages 18+. The Courtyard, Bowring Green Walk, 40 Pitfield Street, N1 6EU. Info: 020 7729 2202; [www.thecourtyard.org.uk](http://www.thecourtyard.org.uk)



### PHOENIX STARR ACADEMY OF DANCE

**Every Mon & Tues, 5-6pm**

Learn to dance for competitions, shows, exams and videos in this street dance class taught by professional dancer Phoenix Starr. £7. Ages 7-14. Princess May Primary School, Princess May Road, Barretts Grove, N16 8DF. Info: 07415 025 565; [www.phoenixstarr.com](http://www.phoenixstarr.com)

### CERAMICS IN THE CITY

**26 & 27 Sept, 2-4pm**

Paint a ceramic item inspired by patterns found throughout the museum on Saturday, and create ceramic-inspired headwear on Sunday. Children aged under 11 must be accompanied by an adult. Free. Geffrye Museum, 136 Kingsland Road, E2 8EA. Info: 020 7739 9893; [www.geffrye-museum.org.uk](http://www.geffrye-museum.org.uk)



### TIME TRAVELLERS

**27 Sept, 12noon-4pm**

Step back in time to 1985 and get involved with graffiti art workshops, punk hair styling, face painting and 1980s photobooths. Free. Ages 15 and under. Sutton House, Homerton High Street, E9 6JQ. Info: 020 8986 2264; [www.nationaltrust.org.uk/sutton-house/things-to-see-and-do/events/](http://www.nationaltrust.org.uk/sutton-house/things-to-see-and-do/events/)



**22 Sept, 2-4pm**

An informal session providing information about supporting anyone caring for a person with a serious, long term or terminal illness. Members of the Compassionate Neighbours are expected to offer emotional and practical support, directing people to information support services and more. Refreshments included. Free. Ages 18+. St Joseph's Hospice, Mare Street, E8 4SA. Info: 020 8525 6058; [s.muylders@stjh.org.uk](mailto:s.muylders@stjh.org.uk); [www.stjh.org.uk](http://www.stjh.org.uk)

### ST AUGUSTINE'S TOWER OPEN DAY

**27 Sept, 2-4.30pm**

St. Augustine's clock tower is the remains of the medieval parish church of Hackney. Discover the history of the building and climb its 135 stairs for the best view of the borough. Free. All ages. 354 Mare Street, E8 1HR. Info: 020 8986 0029; [www.hhbt.org.uk](http://www.hhbt.org.uk)

### MEMORIES OF NURSING IN 1970S HACKNEY

**30 Sept, 6.30-7.45pm**

Sarah Beeson MBE joins the Friends of Hackney Archives and guests at an intimate reading and talk about her nursing days in 1970s at Hackney Hospital, captured in her memoir 'The New Arrival'. Refreshments served from 6pm. Booking essential. Free. Ages 16+. CLR James Library and Hackney Archives, Dalston Square, E8 3BQ. Info: 020 8356 8925; [archives@hackney.gov.uk](mailto:archives@hackney.gov.uk); [www.sarahbeeson.org/events](http://www.sarahbeeson.org/events)



### PUNCH FESTIVAL

**4 Oct, 3 - 6pm**

Hackney City Festival holds a fundraising event to help keep the farm open for free with a variety of punches to taste, games to play, face painting, food and more. Free. All ages. Hackney City Farm, 1a Goldsmith Row, E2 8QA. Info: 020 7729 6381; [farm@hackneycityfarm.co.uk](mailto:farm@hackneycityfarm.co.uk); [www.hackneycityfarm.co.uk](http://www.hackneycityfarm.co.uk)

### what's on

Important information for submissions

To submit your listing to What's On for publication in Hackney Today and on the Council website, fill in the e-form at: [www.hackney.gov.uk/whatson](http://www.hackney.gov.uk/whatson)

Please see the guidance notes on the website for further information.

We reserve the right to edit any material. No submission is guaranteed a listing.

### Competitions



**Hackney Today offered readers a chance to win tickets to Shaun of the Dead Live in issue 362.**

The winner was K Webb, E5



More than 150 pupils from Millfields Primary School took part in National Fitness Day on 9 September

# Pupils fighting fit

PUPILS from Millfields Primary School put their best foot forward as part of National Fitness Day on 9 September.

More than 150 schoolchildren took part in two hours of action-packed fun, including gym and circuit training, at Kings Hall Leisure Centre, in Clapton, as part of the nationwide event.

They were spurred on by professional boxer Ohara Davies who also gave the youngsters a masterclass in the sport.

Not to be outdone by their younger counterparts, 30 adults and 50+ club

**Those who participated proved that age, whether young or old, is no barrier to engaging and enjoying fitness and activity**

members took part in two one-hour classes – African dance and ‘mega work out’ – to help rack up the activity count.

The event was organised by the sports development team for GLL, Hackney’s leisure provider, and Kings Hall staff.

Cllr Jonathan McShane, Cabinet Member for Health, Social Care and Culture, said: “A fun day was had by all. Those who participated proved that



age, whether young or old, is no barrier to engaging and enjoying fitness and activity. I would like to congratulate all those who took part and thank the staff who made it possible.”

National Fitness Day 2015 aimed to build upon the success of last year, which involved 2,000 fitness venues across the country and 27 million people.

## MORE INFO

For more information on King's Hall, e-mail: [www.hackney.gov.uk/cs-kingshall](http://www.hackney.gov.uk/cs-kingshall); or call: 020 8985 2158

## Two BSix students shortlisted in the finals of London Fashion Week competition



Mylena Silveira Vidal



Lolita Stegmar

TWO Hackney teenagers will be hoping to take the fashion world by storm on 22 September, as they enter the finals of a London Fashion Week competition.

Lolita Stegmar and Mylena Silveira Vidal, both 17-year-old students at BSix College, have been shortlisted to take part in this year's Fashion Futures

Final, which will be held at the Freemason's Hall in Covent Garden.

To be selected, the pair undertook 10 weeks of practical workshops in fashion design, organised by Hackney charity FAD. Their portfolios were then chosen from those of over 100 other participating teenagers by a panel of

industry professionals.

The finalists worked with mentors at The University of East London to create their garments for the final catwalk show, which will be judged by experts including May Martin, co-presenter of BBC Two's 'Great British Sewing Bee'.

Lolita said: "It is so amazing to be a part of

this experience. It truly is a once in a life time opportunity. I have learned so much and met some very inspiring people along the way."

"I've never dreamed of being a part of London Fashion Week it's so surreal. I am really looking forward to seeing my work and everyone else's."

## News in brief

### HCC joinery student's designs selected for Design Festival

A JOINERY student at Hackney Community College has had his designs selected for the prestigious London Design Festival while still in training.

Chetan Chauhan, who is just beginning the college's Level 2 bench joinery course, has designed and built a flexible 'workpod' – a piece of furniture that functions as a workstation for two people, a coffee table for four or an informal meeting space for multiple users. It even incorporates a lock for a bicycle.

Chetan joined the college last year, studying Level 1 carpentry and joinery.

He said: "Without the course I couldn't have attempted to make the workpod. It gave me great skills and great confidence."

For more info on Chetan's designs, visit: [www.coplug.co.uk](http://www.coplug.co.uk)

### Scheme to stop homophobic bullying in schools launched

A GROUND-breaking new scheme to tackle homophobic bullying in schools is being rolled out across London, thanks to a former teacher at Stoke Newington School. Educate & Celebrate – a lesbian, gay, bisexual and transgender (LGBT) charity run by Elly Barnes – was awarded £214,048 by the government to deliver its school programme, which trains teachers on the appropriate language to use when addressing LGBT issues, and how to build lessons into the curriculum.

Elly said: "Hackney's diversity lends itself beautifully to programmes like ours which call for social cohesion and empower pupils to make positive institutional change."

The charity's funding comes after £2million in government funds was set aside for innovative projects tackling homophobic, biphobic and transphobic (HBT) bullying in schools.

For more info, visit: [www.educateandcelebrate.org](http://www.educateandcelebrate.org); or e-mail: [ellybarnes@educateandcelebrate.org](mailto:ellybarnes@educateandcelebrate.org)



**City and Hackney  
Clinical Commissioning Group**

# Were you sent this form?

If you fill it in, you can help improve GP services in Hackney

If you are registered with a GP, you may have been sent the **GP Patient survey**. This survey is carried out by the Government to find out how well local GP services are serving their patients. If local people fill it in, it helps us here in Hackney to improve your services, including how we support people with long term conditions. It can also affect the level of funding we receive for your services.

The survey can be completed online at: [www.gp-patient.co.uk](http://www.gp-patient.co.uk), or by sending back the form in the envelope provided. You can call the Ipsos MORI survey helpline on: **0808 238 5385** if you have any questions.

Ipsos MORI **NHS**

**THE GP PATIENT SURVEY**

Please answer the questions below by putting an X or ONE GO in the box next to the answer that best describes your experience. We will keep your answers anonymous.

If you would prefer to complete this survey online, visit [www.gp-patient.co.uk](http://www.gp-patient.co.uk).

1234567890      ABCDE

**ACCESSION YOUR GP SERVICES**

**Q1** When did you last see or speak to a GP from your GP surgery?

In the last 3 months  
 Between 3 and 6 months ago  
 Between 6 and 12 months ago  
 More than 12 months ago  
 I have never seen a GP from my GP surgery

**Q2** When did you last see or speak to a nurse from your GP surgery?

In the last 3 months  
 Between 3 and 6 months ago  
 Between 6 and 12 months ago  
 More than 12 months ago  
 I have never seen a nurse from my GP surgery

**Q3** Generally, how easy is it to get through to someone at your GP surgery over the phone?

Very easy  
 Fairly easy  
 Neither easy nor difficult  
 Fairly difficult  
 Very difficult

**Q4** How do you normally book your appointments to see a GP or nurse at your GP surgery?

By telephone  
 By post  
 By fax machine  
 Online  
 Other

**Q5** Which of the following methods would you use to book an appointment at your GP surgery?

Telephone  
 By post  
 My GP practice  
 Online  
 My practice

**Q6** Is there a particular GP you always prefer to see or never see?

Yes  
 No



# Sport grants open for young athletes

**A**TALENTED teenage climber, who was awarded funding by the Council towards helping him achieve his sporting dreams, has celebrated his first international win.

Jim Pope, 16, took first place in the last leg of the European Youth Climbing Cup in Mitterdorf, Austria, last month.

The Stoke Newington schoolboy was awarded £900 from the Hackney Youth Sport Fund, which went towards things like equipment and travel costs.

He also received, in partnership with the Council's leisure provider GLL, a young person's training membership which allows him to use Clissold Leisure Centre, and other GLL facilities, for free.

The Youth Sport Fund is awarded to young people with sporting potential who live, or go to school, in the borough. Grants are also available for community clubs which provide opportunities for young people to take part in exercise.

Jim beat around 40 other competitors from around Europe, which secured him a fantastic overall fifth

place in the climbing series.

Jim, who has been climbing for seven years, said: "I was really pleased to have won my first European Cup and it's definitely a good confidence boost."

"The Youth Sports Fund helped because it's been used to pay for travel and accommodation expenses, equipment, and coaching."

Cllr Jonathan McShane, Cabinet Member for Health, Social Care and Culture, added: "I would like to congratulate Jim on his fantastic win against some tough competition."

"I'm really pleased the Council has been able to support him through our sports fund which has awarded hundreds of grants towards the development of young athletes."

The first round of this year's fund is now open, with grants of up to £500 available. It closes on 1 October.

## MORE INFO

 For more info, or to apply, visit: [www.hackney.gov.uk/sports-grants](http://www.hackney.gov.uk/sports-grants); e-mail: [leisuresports@hackney.gov.uk](mailto:leisuresports@hackney.gov.uk); or call: 020 8356 4897

**“The Youth Sports Fund helped because it's been used to pay for travel and accommodation expenses”**



Jim Pope (centre) was awarded £900 through the Youth Sport Fund

## News in brief

### Inspired by musical theatre

PRIMARY and secondary school-aged children worked together for a week over summer to create an original piece of musical theatre at Hackney Empire 2.

The workshop and performance were part of charity Inspire!'s Families First programme, which supports Hackney children to make a smooth transition from primary to secondary school.

Supported by practitioners from the Hackney Empire Artist Development Programme, young people took part in a scheme to develop the theatrical talent of children who had been identified by their primary schools as being in need of additional support. Together they created a production called 'IT', which featured six original songs.

Inspire!'s Director, Jonny Boux, said: "We know that

transition periods in a young person's journey through school can be challenging, and this project has really enabled

young people to build their confidence."

For more info visit: [www.inspire-ebp.org.uk](http://www.inspire-ebp.org.uk)



### Teen wins top busking award

A HACKNEY teenager has won a London-wide competition to find the capital's best busker.

Josh Tenor, 15, beat fierce competition from five other finalists in the youth category, for 11 to 15-year-olds, at the Mayor of London's Gigs contest.

The competition attracted 240 entries; with 190 acts selected to perform live at 24 busy summertime locations in the capital. Josh said: "I have been playing guitar and singing for about eight years.

I mostly write and compose music in the house, drum and bass, pop and acoustic genres."

He was presented with a Roland Cube Street amp as a prize. For more info, visit: [www.london.gov.uk/gigs](http://www.london.gov.uk/gigs)



year, the project works with over 1,500 disadvantaged children and trains more than 500 people to become volunteer story mentors.

The Ministry of Stories received over 3,000 votes for its writing and mentoring centre, which provides free workshops for local children so they can achieve their creative potential. Every

kids to discover the joy of stories. The project is doing a fantastic job of inspiring the next generation."

Lucy Macnab, Director of The Ministry of Stories, added: "We are thrilled to have won the public vote for the best arts project."

For more info, visit: [ministryofstories.org](http://ministryofstories.org)

## The Ministry of Stories charity wins best National Lottery funded arts project



Children's author and comedian, Julian Clary, with the Ministry of Stories team, picking up a National Lottery Award

By Dila Tumer

HACKNEY education charity The Ministry of Stories has been voted the UK's best arts project.

Comedian and children's author Julian Clary presented volunteers, staff and youngsters from the

charity with a National Lottery Award and £2,000 cash at its Hoxton headquarters.

The Ministry of Stories received over 3,000 votes for its writing and mentoring centre, which provides free workshops for local children so they can achieve their creative potential. Every

# Try before you Buy £10

Borrow a bike for one month



## Hackney Cycle Loan Scheme

As well as a bicycle, you can also borrow a lock, lights, helmet, child seat and more – all for £10

Full details and registration online at: [www.cycleexperience.com/hackneycycleloan](http://www.cycleexperience.com/hackneycycleloan)  
Telephone: 01952 607197

- 1 Register online**
- 2 Collect your bike**
- 3 Cycle away**
- 4 Choose to buy your bike at a discount after one month's trial**

**H Hackney**

These stories were compiled with the help of Homerton University Hospital, City & Hackney Clinical Commissioning Group & East London NHS Foundation Trust



Thomas O'Reilly, 74, quit in June after nearly 60 years of smoking. Residents are being encouraged to sign up to national campaign Stoptober

# Stop smoking now

HACKNEY'S smokers are being encouraged to pledge to give up cigarettes for 28 days, with the long-term aim of quitting for good.

Approximately 20 per cent of Hackney's population smokes, which is around 50,000 people.

To help them quit, residents are encouraged to take part in a national campaign – Stoptober – next month. This will give people access to a range of online support and a free information pack.

Hackney's Stop Smoking Service will also be providing stop smoking clinics in a number of

**“I'm determined this time, I'm so determined. If I do feel like I want to have a cigarette, I chew gum instead”**

different locations across the borough from 21 September.

Since last year, 1,007 smokers in Hackney have successfully quit. Thomas O'Reilly, 74, gave up in June. He started smoking at 16 after being encouraged by friends to try a cigarette.

He decided to quit after he thought he was having a stroke. Thomas said: “I was taken to hospital in an

ambulance and taken to the stroke clinic. They told me that it was an aneurism in my brain caused by a blocked artery. I was told smoking had not helped this and the doctor told me ‘you've got to pack it in!’

“The first two-and-a-half weeks were hard, but now I don't crave them. I'm determined this time, I'm so determined. If I do feel like I want to have a cigarette, I chew gum instead.”

Cllr Jonathan McShane, Cabinet Member for Health, Social Care, and Culture, added: “Quitting smoking is tough, but help and support is there for you. When you sign up to Stoptober you will join thousands of other people who are determined to kick the habit.”

## MORE INFO

For help to stop smoking, visit: [www.smokefreehackney.org/stoptober-events](http://www.smokefreehackney.org/stoptober-events); or call: 0800 046 9946. To sign up to a free Stoptober pack, visit: [www.nhs.uk/smokefree/stoptober](http://www.nhs.uk/smokefree/stoptober)



Log your journey on a Beat Box

# Beat the Street and boost physical activity with new campaign

IF you've ever fancied being a spaceman then a new campaign encouraging residents to walk, cycle or run instead of using the car might be, literally, up your street.

The Beat the Street campaign asks participants to tot up enough car-free miles collectively to match the equivalent distance of

travelling into space. Over the course of eight weeks, from 23 September to 11 November, Hackney's streets will be turned into a real life game, as 'Beat Box' sensors (pictured) are attached to lampposts across the borough. Participants then log their journeys by tapping a special card against them.

People of all ages can take part for free, monitor their own progress on the campaign's website, and win prizes for themselves or their community.

So far this year, 107,000 people have played the game in other areas of the UK, as well as in Italy and the USA.

Jenna Hall, Programme Director for the National

Charity Partnership, said: “We're very excited about launching this fun initiative, which will help local people to get more active and explore Hackney. Walking just half an hour a day to work, school or the shops is a great way for people to improve their health, quality of life and wellbeing.”

Beat the Street is supported by Diabetes UK, The British Heart Foundation and Tesco. Pick up a free Beat the Street card from a Hackney GP, library or leisure centre. Cards will be activated from 23 September.

For more info, visit: [www.eastlondonbeatthestreet.me](http://www.eastlondonbeatthestreet.me)

## News in brief

### Set your sights on better vision for National Eye Health Week

HERE is something residents will want to see. A series of events held across the borough to mark National Eye Health Week from 21 to 27 September.

According to the charity Vision Matters, sight is the sense that people fear losing the most, but awareness of how to care for our eyes is low. Now in its sixth year, National Eye Health Week aims to promote the importance of regular sight tests and awareness of the lifestyle choices that protect vision.

In Hackney, where the majority of sight loss is caused by complications from diabetes and glaucoma, pop-up information points will be placed in the main foyer of

Homerton hospital on 23 September, between 11.30am and 1.30pm; Frampton Park Community Centre on 24 September, from 10am to 3pm; and at Hackney Service Centre, on the same day, from 10.30am until 12.30pm.

For more info visit: [www.visionmatters.org.uk](http://www.visionmatters.org.uk)

### East London NHS Foundation shortlisted for national award

THE NHS team that delivers mental health and wellbeing services in Hackney has been shortlisted for a national award recognising excellence in the sector.

The East London NHS Foundation has reached the final selection stage in the 'care of older-age adults' category of the annual RCPsych Awards, run by The Royal College of Psychiatry.

The award celebrates teams that demonstrate innovation, leadership and best practice in their field. The winner will be announced at an awards ceremony held at the college's headquarters in November.



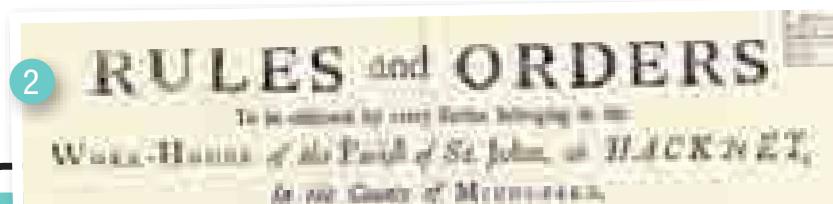
# You can now RECYCLE all of these plastic items from your KITCHEN

Order green sacks or reusable recycling bags at  
[www.hackney.gov.uk/recycling](http://www.hackney.gov.uk/recycling)  
or call 020 8356 6688

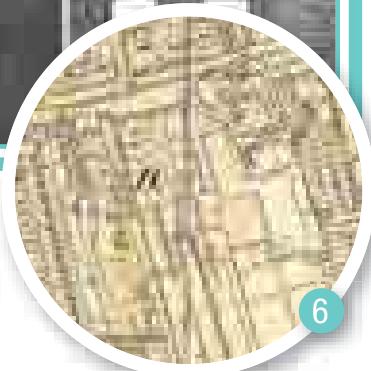


recycle for London

Hackney



1. The women's ward at Hackney Union Workhouse, c1900; 2. Workhouse rules and orders; 3. A stone breaking yard at Hackney, c1900; 4. Two men carrying a third inmate, c1900; 5. The entrance to Hackney Union Infirmary from Homerton High Street, c1900; 6. An Ordnance Survey map of 1870 showing Hackney Union Workhouse; 7. The old Hackney Workhouse, c1841, just before it was pulled down, painted by B Saunders



# The plight of the poor

By Sian Mogridge

**D**ESPITE their association with the Victorians, the first workhouses in Hackney, Shoreditch and Stoke Newington existed over a hundred years before Oliver Twist asked for 'more'.

All three parishes set them up following the 1723 Workhouse Test Act. Workhouses had existed in some places before this date, but the Act encouraged more parishes (which were the local authorities of the time) to establish them.

Shoreditch started off with premises in Hoxton Street, but in 1774 built a new workhouse on Kingsland Road, which later became the site of St Leonard's Hospital. Stoke Newington used a couple of properties on Church Street, and Hackney established its

first workhouse in 1732, on the north side of Homerton High Street. It moved to a building on the south side in 1741, and the workhouse remained on the same site until the 1929 Local Government Act ended the workhouse system.

Following the 1834 Poor Law Act, Stoke Newington and Hackney joined together to make the Hackney Poor Law Union, and a new workhouse was built on the Hackney site from 1841.

Over the rest of the 19th century, the Hackney workhouse was extended a number of times to help deal with the areas' rapidly growing population. As with many places, the workhouse infirmary became increasingly important, as it treated not just inmates, but anyone who couldn't afford to pay for medical care.

When the workhouse

**“Every person in health shall be kept to such labour as they can well do from six of the clock in the morning to six at night”**

system was finally abolished the site became Hackney Hospital, which closed down in 1995.

Conditions in the workhouses varied over time. Rules from the early 1750s stated that: "All the children be washed, combed and cleaned by eight in the morning ... every person in health shall be kept to such labour as they can well do from six of the clock in the morning to six at night (meal-time excepted)", and that every person "forging and telling lies ... shall be set on a stall in the most publick place in the dining room ... and a paper fixed on his or her breast with these words

wrote, 'infamous lyar'".

The daily food ration for each adult was 7oz of meat, 2oz of butter, 4oz of cheese and a pound of bread. Not good in terms of making up your five fruit and veg a day, but not bad in terms of quantity.

But the 1834 Poor Law Act made conditions harsher in many places. The aim was to make the workhouse a deterrent. Conditions were intended to be no better than those of the lowest class of labourer, so people would not live off rate payers' money if they could earn their own. The problem was that the living standards of a low-class labourer were barely

subsistence level.

In 1866, a survey of the Hackney workhouse gave varied results. The building was praised for being clean and having good bedding, but described as having 'an aspect of bareness and want of comfort', along with poor ventilation and little furniture.

The level of medical staff would seem inadequate today, although was fairly standard for the time. The medical officer and his assistant only worked a couple of hours a day, as it was not their main job, and there were only two paid nurses. In addition, most drugs had to be paid for out of the medical officer's own salary.

However, conditions did not remain constant across the 19th century, and tended to improve. Over the next few decades staffing in infirmaries increased, as did the quality and

variety of workhouse food, and inmates gained more freedoms and comforts.

Nevertheless some of the photos here, dating from 1900 or a little earlier, still show traditional workhouse practices at Hackney. The stone-breaking yard shows that hard manual labour was still part of workhouse routine, and inmates were still wearing the workhouse garb that marked them out as 'paupers'.

For more info, visit: [www.workhouses.org.uk](http://www.workhouses.org.uk)

## MORE INFO

Hackney Archives looks after Council administrative records and archives dating back to 1700. It also keeps records for individuals and organisations with links to Hackney. Call: 020 8356 8925; e-mail: [archives@hackney.gov.uk](mailto:archives@hackney.gov.uk); or visit: [www.hackney.gov.uk/archives](http://www.hackney.gov.uk/archives)





## Recipes inspired by the Eat Hackney Cookbook [www.eathackney.com/cookbook](http://www.eathackney.com/cookbook)



THIS issue's recipe is inspired by the Eat Hackney Cookbook, which features recipes from around the world. Its sale raises funds for two small local charities which work to feed the homeless and vulnerable: the Hackney Migrant Centre and North London Action for the Homeless. The Cookbook costs £5, with all funds going to the charities. For more info and recipes, visit: [eathackney.com](http://eathackney.com)

## Cornish pasties

**Makes 4**

Preparation time

30 mins



Cooking time

50 mins



This great recipe is courtesy of Fergus, at the E5 Bakehouse, from his blog 'Hand to Mouth'

### Ingredients

#### For the filling

- 450g chuck steak
- 1 medium carrot
- 1 medium potato
- 1 small swede
- 1 medium onion
- Olive oil
- A few sprigs of fresh thyme
- 7-8g white pepper
- Salt.

#### For the pastry

- 500g strong bread flour
- 250g butter
- 5g salt
- 100ml cold water
- Egg wash to finish.

### Method

- Make the pastry at least an hour before the pasties. Sift flour and salt into the food processor, cube up the butter, add to the flour, and pulse in a blender until you have a breadcrumby consistency. Add
- cold water and continue to process until the dough forms a ball. Wrap it in cling film to rest in the fridge
- While the dough is resting, prep the veg. Peel the potato, swede and carrot and slice them to the size of postage stamps. Chop up the onion and put everything in a large bowl. Tear the leaves off the sprigs of thyme, and add salt and white pepper. Add a good glug of olive oil, and mix
- Take the chuck steak, and cut it into cubes, trimming off anything that looks or feels sinewy. Place in a separate bowl and give the meat a little sprinkle with salt
- After the pastry has had a chance to relax, take it out of the fridge and divide into four equal quantities. Flour the work surface, and then carefully roll each piece out, as round as you can, until it's about 25cm wide by 3-4mm thick. Trim
- Next place a good quantity of the veg mix on one half of the pastry, and then top this with some of the meat. You roughly want two or three times as much veg as meat. Then using a brush, moisten the circumference of the pastry with egg wash. This helps seal the edges when you get to the next stage: crimping. Using your fingers, seal the edge of the pastry as neatly as you can
- Finally give each pastry a good egg-washing all over and pierce with a knife so the steam can escape, before popping in a preheated oven to bake at 190°C for 50 minutes until lovely and golden brown.

The E5 Bakehouse, tucked under the arches by London Fields train station, is an artisan bakery and coffee shop. Using

organic, locally-sourced ingredients, it serves delicious, daily-baked breads, fresh lunches, homemade cakes and coffee.

## Have your say on Rendlesham and Downs Road junction changes

THE Council wants to hear from residents and businesses about proposals to improve the junction at Rendlesham Road and Downs Road.

The consultation was launched after residents petitioned the Council, calling for improved pedestrian crossing facilities in the area.

In order to support a case for making improvements at the location, the Council completed a preliminary investigation looking at the number of vehicles and their speed at the junction, as well as the level of pedestrian crossing demand, particularly amongst children and other vulnerable road users.

From its findings, the Council has now developed proposals that will improve crossing facilities for pedestrians at the junction.

These include: installing a raised table junction at the Downs Road/Rendlesham Road junction with a zebra crossing on the western arm of Downs Road; refurbishing the pavements around the Downs Road/Rendlesham

Road junction; and removing the existing speed bumps on Rendlesham Road next to the Downs Road junction. Proposals would also mean the removal of four parking spaces from the area.

Respond to this consultation by 9 October, by visiting: [consultation.hackney.gov.uk](http://consultation.hackney.gov.uk); e-mail: [info@hackney.gov.uk](mailto:info@hackney.gov.uk); or call: 020 8356 2897.



Want to improve Rendlesham Road and Downs Road junction?

### Meetings

#### COUNCIL MEETINGS IN SEPTEMBER

21 Cabinet	6pm
21 Pensions committee	7pm
24 Licensing sub committee	2pm
24 Licensing committee	7pm

29 Licensing sub committee 7pm

30 Planning sub committee 6.30pm

#### COUNCIL MEETINGS IN OCTOBER

1 Licensing sub committee	2pm
5 Customer Budget Scrutiny Task Group	7pm

Info: 020 8356 3316/3302/3312; or visit: [www.hackney.gov.uk/council-democracy.htm](http://www.hackney.gov.uk/council-democracy.htm)

#### COUNCIL MEETINGS IN SEPTEMBER

21 Queensbridge & De Beauvoir (Central) Neighbourhood Panel	7.30pm
24 Lockner Estate TRA	7pm
24 Shellgrove Estate TRA	7pm
24 Nightingale Partnership Residents Assoc	7pm
28 Regents Estate TRA	7pm

28 Trelawny Estate TRA (AGM) 7pm

29 Shoreditch Neighbourhood Panel 6.30pm

29 Fields Estate TRA 7pm

29 The Mount Estate TRA 7pm

#### COUNCIL MEETINGS IN OCTOBER

1 Provost Estate TRA	7pm
5 Alden and Broadway TRA	7pm

TO CHECK TIMES & VENUES, CALL THE RESIDENT PARTICIPATION TEAM ON: 020 8356 7845

## Sudoku

For solutions see:  
[www.hackney.gov.uk/hackneytoday](http://www.hackney.gov.uk/hackneytoday)

### Easy

4	2			9		3	
		4		6			9
				7	6		
		3	4			5	6
1	5		2		7	4	
6	8			1	3		
	2	5					
9		3	8				

### Medium

8	1		6		2	4	
		2			8	9	
4				5	6		
	3	4			7	1	
1	9			2		8	4
2	4		3	8			
	2	5			9	5	8
9		3	6	5	8		



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Hackney Council is reviewing its five year Parking and Enforcement Plan that sets out all parking policies and procedures. We want to hear from you.



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Call: 020 8356 8877

Closing on  
Monday 12  
October 2015



Hackney

## LONDON BOROUGH OF HACKNEY

ROAD TRAFFIC REGULATIONS ACT 1984 SECTION 14(1) AND 16A: PROPOSED AND MADE NOTICES

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1) AND 16A: NOTICES OF PROPOSED AND MADE ORDERS

WE, THE LONDON BOROUGH OF HACKNEY, GIVE NOTICE THAT WE INTEND TO MAKE THE FOLLOWING ORDERS IN THE FIRST PART OF THE TABLE BELOW, AND HAVE MADE THE ORDERS IN THE SECOND PART OF THE TABLE, IN EACH CASE FOR THE REASONS AND DURATION DATES STATED AND WITH ALTERNATIVE DIVERSION ROUTES AVAILABLE

ANDY CUNNINGHAM, HEAD OF STREETSCENE, 21 SEPTEMBER 2015

## PROPOSED RESTRICTION (PROPOSED NOTICE)

REF NO.	ROAD NAME	RESTRICTION	REASON	LOCATION	DIVERSION ROUTE	WORK START DATE	WORK END DATE
P1876	Alconbury Road N16	Road Closure and Waiting Restriction	Carriageway Repairing Works	Both sides, From its junction with Northwold Road to its junction with Narford Road	Via local signage	06-Oct-15	08-Oct-15
P1875	Clarence Road E5	Road Closure	Carriageway Repairing Works	From its junction with Rowhill Road to its junction with Goulton Road	Via local signage	14-Oct-15	16-Oct-15
P1878	Downs Lane E5	Road & Footway Closures	Telecom Mast Works	From its junction with Downs Road to a point line with bollards	Via local signage	05-Oct-15	05-Oct-15
P1877	Ellington Road E8	Road & Footway closure	Railway Bridge Examination Work	From its junction with Martello Street to its junction with Mentmore Terrace	Via local signage	05-Oct-15	16-Mar-16
P1873	Gransden Avenue E8	Road Closure	Crane Operation	From its junction with Lamb Lane to its junction with Fortiscue Avenue	Via local signage	05-Oct-15	18-Dec-15
P1870	Homerton Row E9	Footway Closure	Building Works	South east side, Between points 32 metres and 52 metres south west of its junction with Fenn Street	Via local signage	05-Oct-15	05-Oct-16
P1872	Kamey's Street E9	Road Closure and Waiting Restriction	Thames Water Works	Both sides, From its junction with Kenworthy Road to its junction with Swinnerton Street	Via local signage	05-Oct-15	12-Nov-15
P1869	Median Road E5	Road Closure & Introduce temporary two way traffic	Thames Water Works	From its junction with Dunlace road to property boundary no 46 & 48	Via local signage	07-Oct-15	09-Oct-15
P1871	Rivington Street EC2A	Road Closure & Introduce temporary two way traffic	Thames Water Works	From its junction with Curtain Road to its junction with Shoreditch High Street	Via local signage	05-Oct-15	09-Oct-15
P1874	Shakespeare Walk N16	Road Closure and Waiting Restriction	Carriageway Repairing Works	Both sides, From its junction with Allen Road to its junction with Spenser Grove	Via local signage	09-Oct-15	13-Oct-15
P1868	Singer Street EC1V	Road Closure & Introduce temporary two way traffic	Traffic Management Work	From its junction with Old Street in a south easterly direction for a distance of 22 metres	Via local signage	05-Oct-15	31-Mar-16
P1820	Trehurst Street E5	Introduction of Waiting Loading & Unloading Restriction	Gas Works	From a point in line with the property boundary no 2 & 4 to property boundary no 12 & 14	Not Required	06-Oct-15	12-Oct-15

## CONFIRMED RESTRICTION (MADE NOTICE)

P1867	Ashwin Street E8	Road Closure	Crane Operation	From its Junction Abbot street to its junction with Dalston Lane	Not Required	27-Sep-15	27-Sep-15
P1861	Barrett's Grove N16	Road Closure	Crane Operation	From western property boundary no 40 to eastern property boundary no 44	Via local signage	21-Sep-15	21-Oct-15
P1864	Bethune Road N16	Road Closure and Waiting Restriction	Crane Operation	From its junction with Fairholt Road in a north westerly direction for a distance of 40 metres	Via local signage	26-Sep-15	27-Sep-15
P1866-1	Bonhill Street EC2A	Road Closure	Crane Operation	From its junction with Paul Street in a westerly direction for a distance of 10 metres	Via local signage	26-Sep-15	27-Sep-15
P1860	Charlotte Road EC2A	Road Closure & Introduce temporary two way traffic	Gas Works	From its Junction with Rivington Street to its junction with Mills Court	Via local signage	28-Sep-15	30-Sep-15
P1863	Eastway E9	Road Closure	Utilities Infrastructure Work	North east bound, From its junction with Lee Conservancy Road to its junction with unnamed access road to Multi storey car park	Not Required	28-Sep-15	09-Oct-15
P1858	Homerton Road E9	Banned Turns	Crane Operation	At Its junction with Eastway	Via local signage	21-Sep-15	24-Sep-15
P1865	Lamb Lane E8	Road & Footway Closures	Railway Bridge Repairs Works	From its Junction with Helmsley Place to its junction with Mentmore Terrace	Via local signage	21-Sep-15	03-Mar-16
P1866	Paul Street EC2A	Road Closure	Crane Operation	From a point in line with the property boundary no 4 & 6 to property boundary no 21 & 23	Via local signage	26-Sep-15	27-Sep-15
P1862	Rowhill Road E5	Road Closure & Introduce temporary two way traffic	Traffic Management Work	From its junction with Lower Clapton road to south westerly direction for a 30 metres	Via local signage	21-Sep-15	24-Sep-15
P1859	Southgate Road N1	Zebra Crossing Suspension	Street Lighting Works	Zebra Crossing O/S Property Building No 190	Via local signage	28-Sep-15	02-Oct-15

YOU CAN GET MORE INFORMATION AND MAKE COMMENTS ABOUT THIS PROPOSED AND MADE ORDERS BY CONTACTING THE HELPLINE ON 020 8356 2897



## TRAFFIC

## LONDON BOROUGH OF HACKNEY

## THE HACKNEY (WAITING, LOADING AND STOPPING RESTRICTIONS) (CONSOLIDATION) (AMENDMENT NO.16) ORDER 2015

## THE HACKNEY (PARKING PLACES) (CONSOLIDATION) (AMENDMENT NO.16) ORDER 2015 TT1086

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Hackney on 18th September 2015 did make the above-mentioned Orders under the Road Traffic Regulation Act 1984 as amended

2. The effective changes from these Orders will be to amend existing traffic orders to bring estate parking restrictions in line with on street parking restrictions on the following estates;

Rhodes Estate	Shacklewell Road Estate
Smalley Road Estate	Mayfield Close Estate
Aden Lodge	Shellgrove 2 Estate
Downs Estate	Somerford Estate
Londesborough Estate	Burma Court Estate

\*\*Changes to disabled bays are intended to bring disabled parking places within the same conditions of use as existing disabled parking in areas outside estates. Disabled bays are to remain at locations where there is an expressed requirement.

3. Copies of the Orders, which will come into force on 28th September 2015, other relevant Orders, and other documents giving more detailed particulars of the Orders, can be inspected during normal office hours on Mondays to Fridays inclusive, until the expiration of a period of six weeks from the date on which the Orders are made, in the reception area, London Borough of Hackney Keltan House 89 -115 Mare Street London, E8 4RU. Further information may be obtained at [www.hackneytraffweb.co.uk](http://www.hackneytraffweb.co.uk), or by contacting Helpdesk on 020 8356 2897.

4. If any person wishes to question the validity of either of the Orders, or of any provision contained therein on the grounds that it not within the powers conferred by the Road Traffic Regulation Act 1984 or that any requirement of the Act or of any instrument under the Act has not been complied with, that person may, within six weeks of the date on which the Orders are made, apply for the purpose to the High Court.

## LONDON BOROUGH OF HACKNEY

## THE HACKNEY (WAITING, LOADING AND STOPPING RESTRICTIONS) (CONSOLIDATION) (AMENDMENT NO.15) ORDER 2015

## THE HACKNEY (PARKING PLACES) (MAP BASED) (CONSOLIDATION) (AMENDMENT NO.15) ORDER 2015 TT1099

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Hackney on 18th September 2015 did make the above-mentioned Orders under the Road Traffic Regulation Act 1984 as amended

2. The effective changes from these Orders will be;

a) Introduce estate parking restrictions in line with on street parking restrictions. This will include estate parking bays and no waiting at any time restrictions.

b)

Cavendish Mansions	Hugh Gaitskell
Datchler Estate	Milton Gardens Estate

\*\*Changes to disabled bays are intended to bring disabled parking places within the same conditions of use as existing disabled parking in areas outside estates. Disabled bays are to remain at locations where there is an expressed requirement.

3. Copies of the Orders, which will come into force on 28th September 2015, other relevant Orders, and other documents giving more detailed particulars of the Order, can be inspected during normal office hours on Mondays to Fridays inclusive, until the expiration of a period of six weeks from the date on which the Orders are made, in the reception area, London Borough of Hackney Keltan House 89 -115 Mare Street London, E8 4RU. Further information may be obtained at [www.hackneytraffweb.co.uk](http://www.hackneytraffweb.co.uk), or by contacting Helpdesk on 020 8356 2897.

4. If any person wishes to question the validity of either of the Orders, or of any provision contained therein on the grounds that it not within the powers conferred by the Road Traffic Regulation Act 1984 or that any requirement of the Act or of any instrument under the Act has not been complied with, that person may, within six weeks of the date on which the Orders are made, apply for the purpose to the High Court.

## LONDON BOROUGH OF HACKNEY

## THE HACKNEY (WAITING, LOADING AND STOPPING RESTRICTIONS) (CONSOLIDATION) (AMENDMENT NO.14) ORDER 2015

## THE HACKNEY (PARKING PLACES) (MAP BASED) (CONSOLIDATION) (AMENDMENT NO.14) ORDER 2015 TT1094

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Hackney on 18th September 2015 did make the above-mentioned Orders under the Road Traffic Regulation Act 1984 as amended

2. The effective changes from these Orders will be to;

a) Remove a 5m section of estate permit bay and replace with double yellow lines outside Granville Court, Balmes Road.

b) Change the resident permit bay outside of 60-64 Prince George Road to a shared use bay 4 hour maximum stay.

c) Adjust the boundary of Zone F to include the addresses between property numbers 28-44 Kingsland Road and all properties on Cotton Gardens.

d) Propose to implement a loading bay opposite 113 Southgate Road and replace a section of shared use bay.

e) Remove the resident permit bay outside 17-21 Wenlock Road and replace with double yellow lines.

f) Introduce a disabled bay outside 6 Olinda Road

3. Copies of the Orders, which will come into force on 28th September 2015, other relevant Orders, and other documents giving more detailed particulars of the Order, can be inspected during normal office hours on Mondays to Fridays inclusive, until the expiration of a period of six weeks from the date on which the Orders are made, in the reception area, London Borough of Hackney Keltan House 89 -115 Mare Street London, E8 4RU. Further information may be obtained from [www.hackneytraffweb.co.uk](http://www.hackneytraffweb.co.uk) or by contacting Helpdesk on 020 8356 2897.

4. If any person wishes to question the validity of either of the Orders, or of any provision contained therein on the grounds that it not within the powers conferred by the Road Traffic Regulation Act 1984 or that any requirement of the Act or of any instrument under the Act has not been complied with, that person may, within six weeks of the date on which the Orders are made, apply for the purpose to the High Court.

## LONDON BOROUGH OF HACKNEY

## THE HACKNEY (WAITING, LOADING AND STOPPING RESTRICTIONS) (MAP BASED) (CONSOLIDATION) (AMENDMENT NO.\* ) ORDER 201\*

## THE HACKNEY (PARKING PLACES) (MAP BASED) (CONSOLIDATION) (AMENDMENT NO.\* ) ORDER 201\* TT1103

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Hackney proposes to make the above-mentioned Orders under the Road Traffic Regulation Act 1984 as amended.

2. The general effect of the Orders will be;

a) Relocate the car club bay opposite 48 to 50 Lee Street to outside 26-30 Stean Street replacing section of resident permit bay. Replace the current car club bay with a shared use bay (4 hour maximum stay).

b) Introduce no loading at any time restrictions opposite no. 15-19 Clarence Mews.

c) Introduce a disabled bay opposite the Duke of Clarence on Clarence Place replacing section of shared use bay and double yellow line.

d) Introduce a shared use bay replacing a section of double yellow lines outside the flank wall of 16 Penpoll Road.

e) Replace a section of double yellow lines outside 81 Greenwood Road with a resident permit bay.

f) Introduce estate parking bays, disabled bays and double yellow lines throughout Parkside Estate.

g) Relocate the disabled bay outside the Nursery on Chatham Place 5 metres south of its current location replacing a section of resident permit bay. Replace the current disabled bay with a resident permit bay.

h) Replace the section of single yellow line outside 31 St John's Church Road with double yellow lines no waiting at any time.

i) Replace a section of the double yellow lines outside and opposite 33 St John's Church Road with a resident permit bay.

j) Introduce a disabled bay opposite no.56 Berkshire Road on Trowbridge Estate replacing an estate permit bay and double yellow lines.

k) Introduce estate parking bays and double yellow lines throughout Lindisfarne Way as part of Sherry's Wharf Estate Enforcement Scheme.

l) Amend the traffic management order outside 25 Median Road to reflect the current parking layout.

3. Plans of the proposed measures can be inspected during normal office hours on Mondays to Fridays inclusive until

a period of 21 days from the date, on which this notice is published, in the reception area, London Borough of Hackney, Keltan House, 89-115 Mare Street, London, E8 4RU. Further information may be obtained at [www.hackneytraffweb.co.uk](http://www.hackneytraffweb.co.uk), by using the QR code below or by contacting Helpdesk on 020 8356 2897.

4. Any objections or other representations about either of the Orders should be sent in writing to the Assistant Director (Public Realm) at the address specified in paragraph 3 above until the expiration of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

## LONDON BOROUGH OF HACKNEY

## THE HACKNEY (WAITING, LOADING AND STOPPING RESTRICTIONS) (MAP BASED) (CONSOLIDATION) (AMENDMENT NO.\* ) ORDER 201\* TT1104

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Hackney proposes to make the above-mentioned Orders under the Road Traffic Regulation Act 1984 as amended.

2. The general effect of the Orders will be to introduce no waiting at any time in:-

a) Belfast Road – introduce double yellow lines at the junction with Windus Road.

b) Bethune Road – outside number 9 Bethune Road;

c) Osbaldeston Road – in front of an existing dropped kerbside located between 41 to 43 Osbaldeston Road;

d) Queen Elizabeth Walk – On the south side opposite number 167-181 Queen Elizabeth Walk

3. Plans of the proposed measures can be inspected during normal office hours on Mondays to Fridays inclusive until a period of 21 days from the date, on which this notice is published, in the reception area, London Borough of Hackney, Keltan House, 89-115 Mare Street, London, E8 4RU. Further information may be obtained at [www.hackneytraffweb.co.uk](http://www.hackneytraffweb.co.uk), or by contacting Helpdesk on 020 8356 2897.

4. Any objections or other representations about either of the Orders should be sent in writing to the Assistant Director (Public Realm) at the address specified in paragraph 3 above until the expiration of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

Unless otherwise stated all traffic notices are as follows: Dated this 21st day of September 2015  
Tom McCourt, Assistant Director (Public Realm)  
(The officer appointed for this purpose)

## PLANNING

## ARTICLE 4 DIRECTION

## LONDON BOROUGH OF HACKNEY ("THE COUNCIL")

## TOWN AND COUNTRY PLANNING (GENERAL PERMITTED DEVELOPMENT) (ENGLAND) ORDER 2015 ("THE ORDER")

## NOTICE PURSUANT TO ARTICLE 4(4) AND PARAGRAPH 1(1)(A) OF SCHEDULE 3 OF THE ORDER FOR THE CONFIRMATION OF AN ARTICLE 4 DIRECTION

The Council made an Article 4(1) Direction ("the Direction") on 4th March 2015, under Article 4(1) of the Town and Country Planning (General Permitted Development) Order 1995 (as amended). This document gives notice that the Direction has been confirmed by the Council on 2nd September 2015. The Direction came into force on 4th March 2015.

The Direction relates to development consisting of a change of use of The Chesham Arms Public House, 15 Mehatabel Road, London, E9 6DU from a use falling within Class A4 (drinking establishment) of the Schedule of the Town and Country Planning (Use Classes) Order 1987 (as amended), to a use falling within Class A1 (shops), Class A2 (financial and professional services) or Class A3 (restaurants and cafes) of that Schedule being development comprised within Classes A and B of Part 3 of Schedule 2 to the Order (being development comprised in Classes A, AA and C at the time of making the Direction), and removes permitted development rights granted by article 3 of the Order for this type of development from the date when the Direction comes into force. An application for planning permission will therefore be required for a change of use from Class A4 to Class A1, A2 or A3 once the Direction is in force.

A copy of the confirmed Direction, including a plan showing the premises edged in red, are available for inspection at Hackney Service Centre, 1 Hillman Street, London, E8 1FB (Ask for the Planning desk, Mon – Fri 10:00Am - 12:00pm and 2:00pm - 4:00pm) and by viewing on the Council's website: <http://www.hackney.gov.uk/chesham-arms-consultation.htm>

For enquiries, email: [LDF@hackney.gov.uk](mailto:LDF@hackney.gov.uk) or telephone the

Strategic Policy Team on 020 8356 8084.

Dated: 2nd September 2015

## LONDON BOROUGH OF HACKNEY NOTICE UNDER THE TOWN AND COUNTRY PLANNING ACTS AND RELATED ORDERS

## EC1V

340 Old Street London EC1V 9DS Creation of a new window and Juliet balcony opening to the east elevation at basement and ground floor level; reinstatement of Charlotte Road window opening at ground floor level and enlargement of existing Charlotte Road entrance to provide separate commercial and residential access 2015/2070 Affects the Setting of a Conservation Area

Milk Architecture & Design Ltd 342 Old Street London EC1V 9DS Creation of a new window and Juliet balcony opening to the south elevation at basement and ground floor level and excavation to enlarge existing basement 2015/2126 Affects the Setting of a Conservation Area

Milk Architecture & Design Ltd 342 Old Street London EC1V 9DS Internal and external alterations to the listed building comprising: the creation of a new window and Juliet balcony opening to the south elevation at basement and ground floor level, excavation to enlarge existing basement, installation of new kitchen and WC facilities at basement level 2015/2194 Affects Setting of a Listed Building

## EC2A

73 Charlotte Road London EC2A 3PE Erection of a single storey roof extension; erection of metal balustrades (H:0.6m) at roof level; excavation of a basement; installation of a new door at basement level; enlargement of existing openings at ground and first floor level to the south elevation and installation of balustrades to windows in the Charlotte Road elevation at first second and third floor level 2015/1813 Affects the Setting of a Conservation Area

Land to the south west of Great Eastern Street and North of Hewett Street, London EC2A Variation of condition 3 (temporary use) attached to planning permission 2015/0167 dated 09/04/2015 to extend the use to operate until 31/10/2018. 2015/2425 Major Development

96 A Curtain Road Hackney London EC2A 3AA Erection of additional floor above 5th floor to form 1x1 bed flat 2015/2961 Affects the Setting of a Conservation Area

## E1

O/S 228-229 Shoreditch High Street London E1 6PJ Replacement and conversion of the existing public payphone to a combined payphone and ATM kiosk 2015/1843 Affects the Setting of a Conservation Area

## E2

98-104 Kingsland Road London E2 8DP Change of use of first, second, third and fourth floors from 27 self-contained residential units to use as 27 serviced apartments (Use Class C1). 2015/2725 Major Development

## E8

Netil House, 1 Westgate Street London E8 3RL Erection of single storey roof extension to northern and eastern part of upper roof level in order to provide 156sqm additional B1 and 19sqm additional A3 space; change of use of 283sqm at ground floor from Sui Generis use (music venue) to 251sqm B1 and 121sqm A3 (including new mezzanine levels); change of use of 147sqm at second floor level from Sui Generis (tattoo parlour) to B1; retention of change of use of 147sqm at second floor level from B1 to A3 including retained use of outdoor terrace area; external alterations at ground floor level comprising the installation of new glazed frontages on the northern, western and eastern elevations; installation of new extraction flue from ground floor A3 unit; erection of new steel stairs from upper to lower roof level. 2015/2136 Affects the Setting of a Conservation Area

10 Glebe Road London E8 4BD Erection of fourth floor extension to provide a 1x1 bedroom flat 2015/2242 Affects the Setting of a Conservation Area

40-42 Amhurst Road London E8 1JN Erection of three-storey rear extension from lower ground to first floor level and partial change of use of retail premises (use class A1) in order to provide 3 studio flats (use class C3). 2015/2281 Affects the Setting of a Conservation Area

4A & 4B Greenwood Road London E8 1AB Excavation of basement and creation of front and rear lightwells. Erection of two-storey rear extension at ground and first floor level. Relocation of external steps from first to ground floor level and creation of rear terrace at first floor level. Associated works comprising creation of new front window at ground floor level. 2015/2886 Affects the Setting of a Conservation Area

90B Lansdowne Drive London E8 3ER Replacement of existing single glazed timber windows with double glazed timber windows 2015/2988 Affects the Setting of a Conservation Area

The Bakehouse, Brett Passage London E8 1JR Excavation



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of basement and erection of roof dormers and 3 no rooflights. Associated works including insertion of two windows to the rear elevation at ground and first floor levels and alteration of existing rear window at roof level. 2015/3069 Affects the Setting of a Conservation Area

**E9**

**34 Groombridge Road London E9 7DP** Retention of lower and upper ground floor rear extension 2015/2747 Affects the Setting of a Conservation Area

**19 Urswick Road London E9 6EG** Conversion of single residential dwelling into 4 self-contained residential units (2 x 1 bed, 1 x 2 bed and 1 X 3 bed). Enlargement of basement and provision of lightwell to east elevation; Communal terrace at second floor level with frosted privacy screen. 2015/2923 Affects the Setting of a Conservation Area

**N1**

**Satellite House 17 Corsham Street London N1 6DR** Demolition of existing building (B1 use) and erection of a part 4, part 6 and part 8 storey building for use as a hotel and associated restaurant facilities (C1 use), refuse, recycling and servicing facilities and cycle storage. 2015/2199 Major Development

**73 Lawford Road London N1 5BJ** Erection of outbuilding in rear garden. 2015/3042 Affects the Setting of a Conservation Area 15 Orsman Road London N1 5RA Construction of ramp and handrail outside main entrance to provide wheelchair access. 2015/3068 Affects the Setting of a Conservation Area Union Wharf, Units 309 and 310, 23 Wenlock Road London N1 7ST Conversion of 2 X 1 bed flats into 1 X 3 bed flat. 2015/3135 Affects the Setting of a Conservation Area

**57 Hoxton Square/39 Coronet Street London N1 6HD** Variation of condition 2 (approved drawings) of planning permission 2015/3233 granted 18/08/2015 to allow for the creation of private outdoor amenity space at fourth floor level to serve the approved 2 bed residential unit. 2015/3233 Affects the Setting of a Conservation Area

**The MacBeth 70 Hoxton Street London N1 6LP** Variation of condition 2 (development in accordance with approved plans) and removal of condition 4 (flue to be installed within the chimney) attached to planning permission ref 2014/1878 dated 01/08/2014 to allow for provision of an external flue. 2015/3237 Affects the Setting of a Conservation Area

**N4**

**Site identified in Woodberry Down Masterplan as Phase 3 Woodberry Down Estate London N4 2SF** Application for Reserved Matters in respect of Access, Appearance, Landscaping, Layout and Scale for Phase 3 pursuant to condition 52 of hybrid planning permission 2013/3223 dated 20 August 2014 comprising 358 residential units and approximately 467sqm of flexible (Class A1, A2, A3, A4, B1, D1 and D2) use and a new energy centre (sui generis). Provision of associated car parking, cycle parking, new refuse and plant facilities within ground and basement accommodation. Provision of new landscaping, public realm and highway works, including access roads (with on street parking) new pedestrian pavements, landscaped private residential courtyards and a new public park. [Note: the Hybrid Permission was an environmental impact assessment application and was accompanied by an environmental statement.] 2015/2967 Affects the Setting of a Conservation Area

**N16**

**Daniel Defoe, 102 Stoke Newington Church Street London N16 0LA** External alterations to side elevation to provide new railings; new patio doors on rear elevation; erection of external staircase from lower ground floor at rear, provision of new kitchen extract duct. [Listed Building Consent application 2015/1133 for internal and external alterations also received] [Revised description and revised drawings received] 2015/1078 Affects the Setting of a Conservation Area

**186 Stoke Newington High Street London N16 7JD** Erection of a part single and part two storey rear extension at first and second floors, in association with continued use of upper floor dental surgery (Use Class D1). 2015/2168 Affects the Setting of a Conservation Area

**60 Lordship Park London N16 5UA** Erection of a single storey side infill extension at ground floor level. 2015/2300 Affects the Setting of a Conservation Area

**176 Stoke Newington Church Street London N16 0JL** Erection of replacement partially openable shopfront with external lighting. 2015/2997 Conservation Area Consent

**The Georgian Orthodox Church Rookwood Road London N16 6SS** Installation of 9 x Radio antennae; 2 x 300mm transmission dishes; radio equipment housing and ancillary equipment on supporting steelwork within Church tower; installation of electrical cabinet in Church grounds. [Listed Building Consent 2015/3175 also received] 2015/3156 Affects the Setting of a Listed Building

**The Georgian Orthodox Church Rookwood Road London**

**N16 6SS** Listed Building Consent: Installation of 9 x Radio antennae; 2 x 300mm transmission dishes; radio equipment housing and ancillary equipment on supporting steelwork within Church tower; installation of electrical cabinet in Church grounds. [Planning permission application 2015/3156 also received] 2015/3172 Listed Building Consent (DNA)

**Daniel Defoe 102 Stoke Newington Church Street London N16 0LA** Advertisement Consent: Illuminated fascia sign,

illuminated hanging sign and two non-illuminated signs on Stoke Newington Church Street elevation; Two non-illuminated signs on Bouverie Road Elevation. [Listed Building Consent application 2015/3251 also received] 2015/3248 Affects the Setting of a Conservation Area

**Daniel Defoe 102 Stoke Newington Church Street London N16 0LA** Listed Building Consent: Illuminated fascia sign,

illuminated hanging sign and two non-illuminated signs on Stoke Newington Church Street elevation; Two non-illuminated signs on Bouverie Road Elevation; repainting of previously painted surfaces. [Advertisement Consent application 2015/3248 also received] 2015/3251 Affects the Setting of a Conservation Area

London Borough of Hackney Notice under the Town and Country Planning Acts and Related Orders The Applications can be inspected between 9am and 5pm at 1 Hillman Street London, E8 1DY. They can also be viewed on the following website: [www.hackney.gov.uk/planning](http://www.hackney.gov.uk/planning). Representations should be made in writing within 21 days to the Development Control Manager, 2 Hillman Street, London, E8 1 FB. All representations will be acknowledged in writing. John Allen Assistant Director Planning, 21 September 2015



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Hackney

# Your guide to 5 to Thrive week

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5-11 October 2015



There are a whole host of free events and activities taking place across the week, giving you the opportunity to try something different, develop new interests or take the first step to better mental health and wellbeing.

From free fitness classes and volunteering in the community, to joining a mindfulness course or an adult education class, there are lots of ways that you can get involved in your community and improve your health and wellbeing in Hackney.

*There's something for everyone!*



The five ways are: **Connect, Be Active, Take Notice, Keep Learning and Give**. Find out more about each of these on the back page of this guide or visit:

[www.fivetothrive.net](http://www.fivetothrive.net)



NHS

City and Hackney  
Clinical Commissioning Group

5-11 October 2015 is 5 to Thrive Week in Hackney, with a range of free activities and events leading up to our Launch Event on World Mental Health Day, Saturday 10 October.

There's something for everyone and plenty of opportunities to get a taste of sessions and activities that go on all year round, meaning you can carry on thriving all year long!

## Monday 5 October



### BECOME A MENTOR

Find out more about becoming a mentor, inspiring and improving the lives of people in your community - including Off-Centre's celebrated peer mentoring scheme, helping young people to achieve their goals.

6pm - 8pm

**Off-Centre offices, 25-27 Hackney Grove, London E8 3NR**

No need to book, just turn up.

For info call **020 8986 4016**

### DANCE, DRAMA AND CREATIVE WRITING (for people aged 50 and over)



From the University of the 3rd Age, a self-help group that believes that learning is for life.

10.30am - 2pm

**Stamford Hill Library, Portland Avenue, London N16 6SB**

No need to book, just turn up.

## Tuesday 6 October



### TUNE IN! TALK SHOW ON YOUNG PEOPLE AND MENTAL HEALTH

City and Hackney Adolescent Mental Health Service (East London Foundation Trust) will be presenting a special talk show on East London Radio, focussing on young people and mental health. We'll be looking at what impacts on the mental health of young people as well as the range of services and support available.

6pm - 7pm

[www.eastlondonradio.org.uk](http://www.eastlondonradio.org.uk)

## Wednesday 7 October



### DROP-IN MINDFULNESS SESSION

This session will introduce you to mindfulness and give you practical tips on how to make it part of your daily life.

10am - 11.30am

**Centre for Better Health, 1a Darnley Road, London, E9 6QH**

No need to book, just turn up.



## Thursday 8 October

### DROP-IN MINDFULNESS SESSION

Mindfulness techniques - which teach you how to take more notice of your thoughts, feelings and the world around you - have been shown to help reduce stress and increase overall wellbeing. This session will introduce you to mindfulness and give you practical tips on how to make it part of your daily life.

6.30pm - 7.30pm

**City and Hackney Mind, 8-10 Tudor Road, London E9 7SN**

No need to book, just turn up.



### VOLUNTEER FAIR WITH VOLUNTEER CENTRE HACKNEY

Drop in and meet loads of local charities who need your time to help Hackney thrive! From sports to cooking, gardening and wellbeing, find out how you can help others and learn new skills while increasing your own wellbeing.

3pm - 7pm

**Hackney Co-operative Developments, Unit B1, 3 Bradbury Street, London N16 8JN**

No need to book, just turn up.



### BRAZILIAN DANCE

Brazilian dance yourself fit with fun workouts mixing low-intensity and high-intensity, interval-style training, to burn Calories and shake into shape by dancing. All levels are welcomed.

7pm - 8pm

**Concorde Centre, Kingsmead Way, Homerton, London E9 5PP**

No need to book, just turn up. (First come, first served).





New events are being added all the time so check: [www.fivetothrive.net](http://www.fivetothrive.net) for the latest schedule.

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Thursday 8 October cont...

### HACKNEY CELEBRITIES WALK

On this entertaining walk from Hackney Empire to Stoke Newington via Hackney Downs we'll hear about the celebrities and famous names of the area. Actors, inventors, entrepreneurs and sports people all get a mention as we discover a cast of stars who've counted Hackney as home.

**12noon ✕ 1.30pm**

**Meet outside Hackney Museum, 1 Reading Lane, London E8 1GQ**

**Free but booking essential, please email:**

**surbjit.mahey@hackney.gov.uk or ring:**

**020 8356 4897 / 07891 498150**



Friday 9 October



### MEDITATION FOR THE OVER 50S

Learn how to relax and reduce stress with a free meditation session.

**1.30pm ✕ 2.30pm**

**Stamford Hill Library, Portland Avenue, London N16 6SB**

**No need to book, just turn up.**



Saturday 10 October



### 5 TO THRIVE LAUNCH EVENT, HOSTED BY CORE ARTS

Celebrate World Mental Health Day with a 5 to Thrive extravaganza. Taster sessions in yoga, mindfulness, creative writing and social media; find out about volunteering and mentoring opportunities; be part of a drumming circle, open jam session and guided bike rides (bikes provided), music, art, food, info and more. Also hear from people who are using the five ways of wellbeing to improve their mental health.

**11am ✕ 7pm**

**Core Arts, 109 Homerton High Street, London E9 6DL**

**No need to book, just turn up.**

Plus!



Thursday 16 October

### WELLBEING DROP-IN EVENT WITH TALKING MATTERS

Focusing on mental health and wellbeing. Includes information from Age Concern, Talking Matters and the Alzheimers Society; fitness, breathing and yoga taster sessions, and a chance to find out more about local services.

**10am ✕ 4pm**

**Stamford Hill Library, Portland Avenue, London N16 6SB**

**No need to book, just turn up.**

Follow @CityHackneyCCG

Throughout the week for hints and tips on how you can connect and reconnect with your friends, family, neighbours and community.



# What are the Five Ways to Wellbeing?

The Five Ways to Wellbeing were developed by think tank New Economics Foundation (NEF) from evidence gathered by the government's Foresight Project on Mental Capital and Wellbeing.

The Project, published in 2008, drew on state-of-the-art research about mental capital and mental wellbeing through life.

The Five Ways have been used by health organisations, schools and community projects across the UK and around the world to help people take action to improve their wellbeing.

New events are being added all the time so check:  
**[www.fivetothrive.net](http://www.fivetothrive.net)**  
for the latest schedule.

## Connect

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

## Be Active

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

## Take Notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

## Keep Learning

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

## Give

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



Connect



Be Active



Take Notice



Keep Learning



Give